



Taekwondo / Kettlebell Schedule



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 am - 9:00 am						Kettlebell Sport & Open Training
9:00 am - 10:00 am						
10:00 am - 10:45 am						Children's Kyrogi
11:00 am - 12:00 pm						
12:00 pm - 12:45 pm						
1:00 pm - 2:00 pm						
2:00 pm - 3:00 pm						
3:00 pm - 4:00 pm	Willowbrae ASP 3:30 pm - 4:30 pm		Willowbrae ASP 3:30 pm - 4:30 pm			
4:00 pm - 5:00 pm						
5:30 pm - 6:00 pm						
6:05 pm - 6:50 pm	Children Ages 4 - 7	Kettlebell Intro 6:00 pm - 6:25 pm	Children Ages 4 - 7	Kettlebell Intro 6:00 pm - 6:30 pm		
7:00 pm - 8:00 pm	Junior Ages 8 - Up	Kettlebell Fitness 6:30 pm - 7:30 pm	Junior Ages 8 - Up	Kettlebell Fitness 6:30 pm - 7:30 pm		
8:00 pm - 8:30 pm	Open Training	Kettlebell Sport	Open Training	Junior Kyrogi 7:30 - 8:30		



Halifax

"We Train To WIN!"



Bell's
Kettlebell Concepts