

SUN BAE Family & Friends Class

Saturday Morning

with Instructor Shirly & Master Bradley



LOW Impact - HIGH Fun.

Mum & Dad – have a go with your kids..

Stretching, Pilate style exercise, Boxing with easy kicks...

We will even let you smash a few pads....

Learn some Hapkido style self-defence tricks!

WHEN: 8:30-9:30am Saturday

WHERE: Ambrose Treacy College, Twigg St, Indooroopilly.

WHO CAN ATTEND: Family and friends and all Sun Bae members.

(Line up next to the family's highest ranked Sun Bae student!)

FOR PARENTS:

- Casual class for fun (no gradings).
- Have a go with your kids and go at your own pace.

FOR STUDENTS:

- All ranks.
- Extra training to add to your weekly class.
- Bring a family member or a friend.

BRING:

- Taekwondo uniform and belt for members.
- Gym style clothing for non-members.
- Water bottle.

Book with Master Instructor Bradley Tatnell (Phone or Text 0414 574 574)

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