

WHY NOT KICK & PUNCH YOUR WAY TO SHAPE?

SHUDOKAN WILL BE OFFERING
CARDIO KICKBOXING
CLASSES STARTING
MONDAY JANUARY 11, 2010

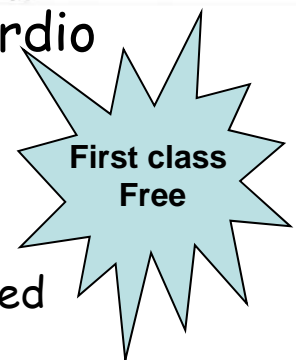


TERESA STAHL has over 12 years of Cardio Kickboxing experience.

WHEN: Monday & Wednesday mornings.

TIME: 11:00 - 11:45

T-Shirt, Sweat pants & boxing gloves required
No martial arts experience required



Fee Structure:



Shudokan member

Monthly Fee	\$40 plus GST
10 tickets	\$80 plus GST
20 tickets	\$130 plus GST

Family of Shudokan member

Monthly Fee	\$60 plus GST
10 classes	\$100 plus GST
20 classes	\$160 plus GST

Non Shudokan members

Monthly Fee	\$75 plus GST
10 tickets	\$130 plus GST
20 tickets	\$210 plus GST

