

**Academy Opening Hours:**

3.00pm – 8.30pm Monday to Friday 8.30am – 10.30am Saturday

**Website:** www.factor10.com.au **Phone:** (07) 3205 2167**Shop:** 17/104 Gympie Road Strathpine **Email:** enquiries@factor10.com.au

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Little Legends 3.30 – 4.00pm				Little Legends 3.30 – 4.00pm				Little Legends 3.30 – 4.00pm		Little Legends 9.00 – 9.30am	
Junior White and Yellow Belts 3.45 – 4.30pm		Junior White and Yellow Belts 3.45 – 4.30pm		Junior White and Yellow Belts 3.45 – 4.30pm		Junior White and Yellow Belts 3.45 – 4.30pm	Poomse Training 3.45 – 4.30pm	Junior White and Yellow Belts 3.45 – 4.30pm		Mixed Juniors 9.45 – 10.30am	
Little Legends 4.00 – 4.30pm		Junior Talent ID State & National Squads 4.00 – 5.00pm		Little Legends 4.00 – 4.30pm				Little Legends 4.00 – 4.30pm			
Junior Blue Belts 4.30 – 5.15pm	Little Legends 4.30 - 5.00pm	Junior Blue Belts 4.30 – 5.15pm		Junior Blue Belts 4.30 – 5.15pm	Little Legends 4.30 - 5.00pm	Junior Blue Belts 4.30 – 5.15pm		Junior Blue Belts 4.30 – 5.15pm	Little Legends 4.30 - 5.00pm		
Junior Red and Black Belts 5.15 – 6.15pm		Teenagers Mixed Belt 5.15 – 6.15pm		Junior Red and Black Belts 5.15 – 6.15pm		Teenagers Mixed Belt 5.15 – 6.15pm	Demo Squad Training 5.15 – 6.15pm	Teenagers Mixed Belt 5.15 – 6.15pm	Junior Red and Black Belts 5.15 – 6.15pm		
Junior Mixed Belts 6.15 – 7.00pm		Kick Fit 6.15 – 7.00pm	Snr Talent ID State & Nat Squads 6.15 – 7.30pm	Black Belt Development 6.15 – 7.15pm	Junior Mixed Belts 6.15 – 7.00pm	Kick Fit 6.15 – 7.00pm		Tournament Training Juniors Seniors 6.15 – 7.15pm	Talent ID State & National Squads 6.15 – 7.30pm		
Adult Taekwondo 7.00 – 8.00pm	Box Fit 7.15 – 8.00pm	Adult Hapkido 7.00 – 8.00pm		Adult Taekwondo 7.00 – 8.00pm	Box Fit 7.15 – 8.00pm	Adult Hapkido 7.00 – 8.00pm					