



**Academy Opening Hours:**

3.00pm – 8.00pm 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 Mixed Belts 3:30 - 4:00pm				Little Legends Mixed Belts 3:30 - 4:00pm						Little Legends Mixed Belts 3:30 - 4:00pm		Little Legends Mixed Belts 9:00- 9:30am	
Junior White Belts 3:45 - 4:30pm	Junior Yellow Belts 3:45 - 4:30pm	Junior White Belts 3:45 - 4:30pm	Junior Yellow Belts 3:45 - 4:30pm	Junior White Belts 3:45 - 4:30pm	Junior Yellow Belts 3:45 - 4:30pm		Junior White Belts 3:45 - 4:30pm	Junior Yellow Belts 3:45 - 4:30pm	Poomse Training 3:45 - 4:30pm	Junior White Belts 3:45 - 4:30pm	Junior Yellow Belts 3:45 - 4:30pm	Junior White Yellow Belts 9:45 - 10:30am	Junior Blue Red Belts 9:45 - 10:30am
Little Legends Mixed Belts 4:00 - 4:30pm		Junior Talent ID State & National Squads 4:00 - 5:00pm		Little Legends Mixed Belts 4:00 - 4:30pm						Little Legends Mixed Belts 4:00 - 4:30pm			
Junior Blue Belts 4:30 - 5:15pm	Little Legends Green Purple Belts 4:30 - 5:00pm	Junior Blue Belts 4:30 - 5:15pm		Junior Blue Belts 4:30 - 5:15pm	Little Legends Green Purple Belts 4:30 - 5:00pm		Junior Blue Belts 4:30 - 5:15pm			Junior Blue Belts 4:30 - 5:15pm	Little Legends Green Purple Belts 4:30 - 5:00pm		
Junior Red Black Belts 5:15 - 6:15pm		Teenage White Yellow Belts 5:15 - 6:15pm	Teenage Blue Red Belts 5:15 - 6:15pm	Junior Red Black Belts 5:15 - 6:15pm			Teenage White Yellow Belts 5:15 - 6:15pm	Teenage Blue Red Belts 5:15 - 6:15pm	Demo Squad 5:15 - 6:15pm	Junior Red Black Belts 5:15 - 6:15pm	Teenage Mixed Belts 5:15 - 6:15pm		
Junior Mixed Belts 6:15 - 7:00pm	Box Fit 6:15 - 7:00pm	Kick Fit 6:15 - 7:00pm	Senior Talent ID State & National Squads 6:15 - 7:30pm	Junior Mixed Belts 6:15 - 7:00pm	Box Fit 6:15 - 7:00pm	Black Belt 6:15 - 7:15pm	Kick Fit 6:15 - 7:00pm			Tournament Training Juniors Seniors 6:15 - 7:30pm	Senior Talent ID State & National Squads 6:15 - 7:30pm		
Adult Taekwondo 7:00 - 8:00pm		Adult Hapkido 7:00 - 8:00pm		Adult Taekwondo 7:00 - 8:00pm			Adult Hapkido 7:00 - 8:00pm						