

UNITED KINGDOM TAEKWON-DO COUNCIL

FITNESS
& SELF
DEFENCE
CLASSES



TAEKWON-DO

FOR KIDS
(5YRS+),
TEENAGERS
& ADULTS

TAEKWON-DO - the worlds most popular martial art taught by the UK's leading Taekwon-Do organisation. Ideal for all ages (5 years +).



ACTIVE TIGERS for boys and girls aged 5-8 years is the fun and safe Martial Arts training programme that will help improve their fitness, self confidence, self discipline, coordination, flexibility and teach them effective self defence skills.

East Renfrewshire

BUSBY

Greenbank Parish Church

Thursday 6.00-7.00pm (5+ All Ages)
(starting 31st March)

CATHCART

St Fillan's Primary School

Tuesday 6.00-7.00pm

GIFFNOCK

St Ninian's High School

Tuesday 6.00-7.00pm (TKD)

THORNIEBANK

Woodfarm High School

Friday 6.30-7.30pm (Active Tigers)
Friday 7.30-8.30pm (TKD)

NEWTON MEARNS

Parklands Country Club, Ayr Rd.

Monday 6.00-7.00pm (5-9yrs)
Monday 7.00-8.00pm (10yrs+ & Adults)
Friday 4.00-5.00pm (5-9yrs)
Saturday 1.30-2.30pm

Whitcraigs Rugby Club

Wednesday 5.00-6.00pm (Beginners)
Wednesday 6.00-7.00pm (Advanced)

SHAWLANDS

Destiny Church Hall

Thursday 6.00-7.00pm (5-9yrs)
Thursday 7.00-8.00pm (10yrs+ & Adults)

SHETTLESTON

YMCA

Monday 6.00-7.00pm (Active Tigers)
Monday 7.00-8.00pm (TKD)
Wednesday 7.00-8.00pm (Active Tigers & TKD)

West of Glasgow

ANNIESLAND

Temple Anniesland Church

Saturday 11.00am-12.00pm (Kids)
Saturday 12.00-1.00pm (9yrs+ Teens & Adults)

GORBALS

Gorbals Leisure Centre

Wednesday 5.00-6.00pm
Friday 5.00-6.00pm (Active Tigers & TKD)

KNIGHTSWOOD

Knightswood Community Centre

Thursday 5.00-6.00pm (Beginners)
Thursday 6.00-7.00pm (Advanced)

Knightswood Congregational Church

Tuesday 5.00-6.00pm (Mixed Ability)

PARTICK

Kelvin Hall

Monday 5.00-6.00pm (Active Tigers & TKD)

WHITEINCH

Whiteinch Community Centre

Wednesday 6.00-7.00pm (5-9yrs)
Wednesday 7.00-8.00pm (10yrs+ & Adults)
Friday 6.00-7.00pm (5-9yrs)
Friday 7.00-8.00pm (10yrs+ & Adults)

Limited spaces available. Book your **FREE TRIAL LESSON** online now at

WWW.UKTC.CO.UK

or phone 01786 845060

FREE TRIAL LESSON



LITTLE TIGER CUBS CLASSES FOR 3-5 YEAR OLDS OVERLEAF



THE FUN
MARTIAL ARTS
TRAINING SYSTEM
FOR CHILDREN 3-5
YEARS OLD



- 🐾 Learn Through Play
- 🐾 Have Fun
- 🐾 Improve Balance & Co-ordination
- 🐾 Develop Flexibility
- 🐾 Learn Respect
- 🐾 Increase Self Confidence
- 🐾 Learn Basic Self Defence

East Renfrewshire

CLARKSTON

Netherlee Pavillion
Thursday 5.00-5.45pm
(starting 3rd March)

NEWTON MEARNS

Parklands Country Club
Monday 4.00-4.45pm
Friday 3.15-4.00pm
Saturday 2.30-3.15pm

Whitecraigs Rugby Club

Wednesday 4.00-4.45pm
Saturday 10.15-11.00am

SHAWLANDS

Destiny Church Hall
Thursday 5.00-5.45pm

SHETTLESTON

YMCA
Monday 5.00-5.45pm

West of Glasgow

ANNIESLAND

Temple Anniesland Church
Saturday 10.00-10.45am

GORBALS

Gorbals Leisure Centre
Wednesday 4.00-4.45pm

KNIGHTSWOOD

Knightswood Congregational Church
Tuesday 4.00-4.45pm

Knightswood Community Centre

Thursday 4.00-4.45pm

PARTICK

Kelvin Hall
Monday 4.00-4.45pm



Limited spaces available. Book your FREE TRIAL LESSON online now at

WWW.UKTC.CO.UK

or phone 01786 845060

FREE TRIAL LESSON

TAEKWON-DO CLASSES FOR ALL AGES (5 YEARS+) OVERLEAF

