



**Academy Opening Hours:**

3.00pm – 9.00pm Monday to Friday 8.30am – 11.30am Saturday

**Website:** [www.factor10.com.au](http://www.factor10.com.au) **Phone:** (07) 3205 2167

**Shop:** 17/104 Gympie Road Strathpine **Email:** [enquiries@factor10.com.au](mailto: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	KickBox Fit 9.00 – 9.45am
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		Junior White and Yellow Belts 3.45 – 4.30pm		Mixed Juniors 9.45 – 10.30am	
Little Legends 4.00 – 4.30pm				Little Legends 4.00 – 4.30pm				Little Legends 4.00 – 4.30pm		Adult Taekwondo 10.30 – 11.30am	
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	Colour Belt Grading 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		
Black Belts XMA 6.15 – 7.15pm	Junior Mixed Belts 6.15 – 7.00pm	Kick Fit 6.15 – 7.00pm		Black Belts 6.15 – 7.15pm	Junior Mixed Belts 6.15 – 7.00pm	Kick Fit 6.15 – 7.00pm	Student Extension / Black Belt Grading 6.15 – 7.00pm	Competition Training Juniors and Seniors 6.15 – 7.15pm			
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					