

COMBAT TANG SOO DO CLASSES

	MORNING	AFTERNOON		EVENING
MONDAY		LITTLE DRAGONS 4:30pm - 5:00pm	COMBAT KIDS 5:00pm - 6:00pm	ADULT & TEEN 6:00pm - 7:30pm
TUESDAY		COMBAT KIDS 4:00pm - 5:00pm	LITTLE DRAGONS 5:30pm - 6:00pm	ADULT & TEEN 6:00pm - 7:30pm
WEDNESDAY	SENIORS CLASS 6:00am - 7:00am	LITTLE DRAGONS 4:30pm - 5:00pm	COMBAT KIDS 5:00pm - 6:00pm	ADULT & TEEN 6:00pm - 7:30pm
THURSDAY		COMBAT KIDS 4:00pm - 5:00pm	LITTLE DRAGONS 5:30pm - 6:00pm	ADULT & TEEN 6:00pm - 7:30pm
FRIDAY		BLACK BELT CLUB & SWORD CLASS 4:00pm - 5:30pm		
SATURDAY	MASTER CLUB 8:00am - 10:00am			

LITTLE DRAGONS & COMBAT KIDS PRICE LIST

	LITTLE DRAGONS (4-6yrs)	COMBAT KIDS (7-12yrs)		
		BEGINNER 1st YEAR	INTERMEDIATE (Black Belt Club) 2 & 3rd YEAR	ADVANCED (Master Club) 4 + YEARS
2x 30min INTRO CLASSES	R 600,00	R 600,00		
FEES FOR YEAR	R 7 990,00	R 8 500,00	R 8 450,00	R 8 750,00
FIRST INSTALLMENT	R 1 500,00 [#]	R 1 900,00 [#]	R 1 300,00	R 1 150,00
MONTHLY	R 590,00	R 600,00	R 650,00	R 690,00
PRIVATE CLASS	R 200,00	R 350,00	R 350,00	R 400,00

[#]FIRST INSTANTMENT for LITTLE DRAGONS includes black pants, for COMBAT KIDS it includes a martial arts suit!

TEENS AND ADULTS COMBAT TSD & HAEDONG KUMDO PRICES

	HAEDONG KUMDO	COMBAT TANG SOO DO		
		BEGINNER 1st YEAR	INTERMEDIATE (Black Belt Club) 2 & 3rd YEAR	ADVANCED (Master Club) 4 + YEARS
FEES FOR YEAR	R 7 750,00	R 10 200,00	R 10 080,00	R 10 100,00
FIRST INSTALLMENT [#]	R 1 700,00	R 1 950,00	R 1 500,00	R 1 300,00
MONTHLY	R 550,00	R 750,00	R 780,00	R 800,00
PRIVATE CLASS	R 400,00	R 400,00	R 400,00	R 450,00

[#]FIRST INSTANTMENT for HAEDONG KUMDO includes an uniform, for CTSD Beginner it includes black pants & Tshirt!

INSTRUCTOR CONTACT DETAILS

INSTRUCTOR	DISCIPLINE	CELL	EMAIL
MASTER GREGORY HART	TANG SOO DO	082 452 9213	master_gregory@tangsoodo.co.za
MARSHA FORBES-HART	PILATES & YOGA	082 940 5446	alchemyhealth@telkomsa.net
ANGELIKE BARSTZ	TAI CHI	082 486 0188	offthegrill2001@yahoo.com
BERT FRAHM	ARGENTINE TANGO	084 487 8445	touch@tango-tensity.co.za
SENSEI DARKO VUCETIC	AIKIDO	082 579 5880	



PILATES, YOGA & FITBALL CLASSES

	MORNING	EVENING
	8:30 am - 9:30am	5:30 pm - 6:30pm
MONDAY	PILATES	PILATES
TUESDAY		YOGA
WEDNESDAY		PILATES
THURSDAY	PILATES	FIT-BALL

PILATES, YOGA & FITBALL FEES

	GROUP CLASS	PRIVATE CLASS
1X WEEK	R 480,00	R 1 400,00
2X WEEK	R 780,00	R 2 700,00
3X WEEK	R 1 000,00	R 4 000,00
INITIAL EVALUATION	R 400,00	R 400,00

SPORTS MASSAGE

NECK, BACK & LEGS	R 550,00	60 min
NECK	R 300,00	30 min
NECK & BACK	R 350,00	40 min
FULL BODY	R 800,00	90 min
EXFOLIATION	R 500,00	60 min

CRANIOSACRAL FASCIAL TREATMENT

CFT & MERIDIANS	COCONUT & ESSENTIAL OILS	R 550,00
CFT FACIAL	COCONUT & ESSENTIAL OILS	R 550,00
BI-CARB EXFOLIATION		R 190,00
ZEROLITE TREATMENT		R 190,00
CASTOR OIL	HEATED	R 290,00
ALL OF THE ABOVE	SPECIAL	R 1 200,00

PERRIN TECHNIQUE - LYMPHATIC DRAINAGE

UPPER BODY	R 550,00	60 min
WITH ESSENTIAL OILS & SCAPULA	R 750,00	90 min
FULL BODY	R 900,00	105 min
WITH ESSENTIAL OILS & SCAPULA	R 1 200,00	105 min