



Cole's Martial Arts Fitness, Inc.

5147B S. Harvard, Tulsa, OK 74135

918-749-0960

NEW FALL SCHEDULE, 2008

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2:00-3:15 After School Pick up	2:00-3:15 After School Pick up	2:00-3:15 After School Pick up	2:00-3:15 After School Pick up	2:00-3:15 After School Pick up	9:45 Watch Wes on KJRH Channel 2
6:00-7:00 Cardio Rhythmic	6:00-7:00 TKD Basics White Belt to Yellow Belt	6:00-7:00 TKD Mixed	6:00-7:00 TKD Basics White Belt to Yellow Belt	6:00-6:45 Cardio*	10:30-11:30 Cardio Advanced
7:15-8:15 TKD Intermediate Green Stripe to Blue Belt	7:15-8:00 TKD Intermediate Green Stripe to Blue Belt	7:15-8:00 Cardio Bag Class	7:15-8:00 Cardio Weight Training		11:30-12:30 TKD Upper Rank Red Stripe to Black Belt

Minimum 3 people required for formalized Cardio-Kickboxing or Taekwondo class.

*Class is only available during certain times of the year. See front desk for details.

Taekwondo \$89 registration fee (includes first month's tuition and a free uniform)
 \$69 per month thereafter through automatic bank draft or credit card draft.
 All Taekwondo students receive cardio-kickboxing for free.
 --2 day introductory course \$29

Cardio \$79 registration fee (includes first month tuition and free hand wraps)
Kickboxing \$55 per month thereafter through automatic bank draft or credit card draft.
 --1 day introductory class \$14

Or

Sign up for a 6 month contract and receive 1 month free!

Taekwondo \$365

Cardio \$299

Sign up for a 1 year contract and receive 2 months free!!

Taekwondo \$710

Cardio \$574

Premier Package

\$129 per month

Includes:

- Unlimited TKD and Cardio
- 2 sessions Personal Training per month
- Free Testing