



Cole's Martial Arts Fitness, Inc.

5147B S. Harvard, Tulsa, OK 74135 918-749-0960

ColesMartialArts@TulsaCoxMail.com
www.ColesTKD.com www.HabitualHealth.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2:00-3:45 After School Pick up	2:00-3:45 After School Pick up	2:00-3:45 After School Pick up	2:00-3:45 After School Pick up	2:00-3:45 After School Pick up	9:45a Watch Wes on KJRH Channel 2
	4:30p-5:30p Kids Taekwondo				10:30a-11:30 Taekwondo Sparring Class
6:00p-7:00p Cardio Karate	6:00p-7:00p All rank Taekwondo	6:00p-7:00p All rank Taekwondo	6:00p-7:00p All rank Taekwondo	**Instructor available for practice 5pm-7pm	11:30a-12:30 Cardio Karate
7:15p-8:15p All rank Taekwondo		**Instructor available for practice 5pm-8pm			

Minimum 3 people required for formalized Fitness or Taekwondo class.

Taekwondo \$89 first month (includes first month's tuition, registration fee and a free uniform)
 \$69 every 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 first month (includes first month's tuition, registration fee and free hand wraps)
Kickboxing \$55 every 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 Karate \$299

Sign up for a 1 year contract and receive 2 months free!!
 Taekwondo \$710
 Cardio Karate \$574

Premier Package
 \$129 per month
 Includes:

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