

kids active workshop @ BRIGHTON MUAY THAI & FITNESS



Our Kids Active Program offers games, drills and activities getting kids using their bodies and minds, improving skills, abilities and mental strength.

Suitable for ages 4 and over,
your child will join a fun team environment all while improving their

- ~ Hand eye coordination
- ~ Strength/Fitness
- ~ Confidence
- ~ Leadership
- ~ Balance
- ~ Listening Skills
- ~ Self Defence

Places are limited to ensure a good student to teacher ratio.

Mon 30/9

Wed 2/10

Thurs 3/10

Wed 9/10

Thurs 10/10

Sat 12/10

Weekday sessions 4.20pm; Saturday sessions 9am

All 6 sessions \$90

Casual sessions \$25

24 Strathmore Terrace, Brighton

To book, contact Neil on 0422 454 824,

email to neilzurzolo@hotmail.com

or message through Facebook

<https://www.facebook.com/bmtfitness>

