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+ 55 EAST PARADE
 SUTHERLAND
 (OPPOSITE STATION)

timetable

	MON	TUES	WED	THURS	FRI	SAT
6AM - 6.45AM		BOOT CAMP#		BOOT CAMP#		
11AM - 12 NOON			KICKBOXING		KICKBOXING	
11:30 - 12:30 PM						KUNG FU - ALL LEVELS
1PM - 2:30 PM						BRAZILIAN JIU JITSU
3 - 4 PM						KICKBOXING BEGINNER & INTERMEDIATE
4:30 - 5:30 PM	AFTER SCHOOL KUNG FU		AFTER SCHOOL KUNG FU			
5 - 6 PM		AFTER SCHOOL DRAGON FIST FREESTYLE ----- BEGINNER & INTERMEDIATE KICKBOXING		BEGINNER & INTERMEDIATE KICKBOXING	AFTER SCHOOL DRAGON FIST FREESTYLE	
6 - 7 PM	INTERMEDIATE & ADVANCED KICKBOXING	INTERMEDIATE & ADVANCED KICKBOXING	INTERMEDIATE CONDITIONING	INTERMEDIATE & ADVANCED KICKBOXING	ALL LEVELS CONDITIONING	
6:30 - 7:30 PM	BOXING SKILL & FITNESS		BOXING SKILL & FITNESS			
7 - 8 PM	BEGINNER KICKBOXING	BEGINNER KICKBOXING ----- DRAGON FIST FREESTYLE	BEGINNER KICKBOXING	LADIES KICKBOXING ----- DRAGON FIST FREESTYLE		
8 - 9 PM	KUNG FU		KUNG FU	BRAZILIAN JIU JITSU		

PRICES

Single Visit	\$20
After School Kids Classes	\$12
After School Kids - One Term Payment	\$160
Monthly Fees (One Style Only)	\$100
Monthly Fees (One Style + Weights**)	\$130
Monthly Fees (Two Styles*)	\$130
Monthly Fees (Two Styles* + Weights**)	\$155
3 Monthly Fees (One Style Only)	\$280
3 Monthly Fees (One Style + Weights**)	\$370
3 Monthly Fees (Two Styles*)	\$370
3 Monthly Fees (Two Styles* + Weights**)	\$390
Personal Coaching (By Appointment)	\$65 (per hour + \$15 per additional person)

CONDITIONS:

- Memberships limited to one class per day.
- To attend intermediate classes you must be graded to intermediate level.
- **** WEIGHTS** assesment and program required to use weight gym.
- *** TWO STYLES** can include any two styles taught at Double Dragon *except* Boot Camp.
- **# BOOTCAMP** - *monthly boot camp is \$100 and is single style only. It cannot be used in conjunction with 2 styles membership.*