



STAR CLASSES AT N SQUARE



Martial Arts inspired Fitness Classes for Children and Adults delivered by STAR Kickboxing and Fitness

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1030 -1130 Adults BoxFit	1730 - 1830 Kids Boxing with coach from the National Athlete Centre !	1030 - 1130 Adults BoxFit	1730 - 1830 Kids Wushu Sanda with World Champion Coach!	1030 - 1130 Self-Defense	1500 - 1600 Kids Wushu Sanda with World Champion Coach!
1730 -1830 Kids Kickfit				1600 - 1700 Adults BoxFit - train whilst the kids play!	

Classes and booking are managed by N SQUARE and are run in accordance with their booking terms and conditions.

Contact nsquare.workshops@gmail.com for further information about their membership options and prices.

www.nsquarelearninghanoi.com