

	MON	TUE	WED	THU	FRI	SAT
EARLY	6:30 FIGHTERS ONLY EARLY RISERS		7:00 EARLY RISERS		7:00 EARLY RISERS	
LUNCH	12:00 PSYCHO TIME	11:00 MMA SESSION	12:00 PSYCHO TIME	11:00 MMA SESSION	11:00 PSYCHO TIME	12:00 KICK ASS KIDS
AFTERNOON	16:30 KICK ASS KIDS	16:30 FIT FUTURE	16:30 KICK ASS KIDS	16:30 FIT FUTURE		13:30 INTRO TO SPARRING
EVENING	17:30 BOXING HOUR	17:30 MIXED THAI TECHNIQUE	17:30 GRIZZLY'S CIRCUIT	17:30 BRAVE BEGINNERS		
EVENING	18:30 FIGHTERS ONLY	18:30 FIGHTERS ONLY	18:30 BRING YA BRAINS	18:30 MIXED THAI TECHNIQUE	18:30 BOXING HOUR	
EVENING	19:30 FEMALE FIT	19:30 BRAVE BEGINNERS	19:30 INTRO TO MMA	19:30 FIGHTERS ONLY	19:30 PSYCHO'S ENDURANCE	

ELITE THAI KICKBOXING

701N GREAT SOUTH RD | PENROSE | AUCKLAND

P: 589 4120 | E: info@etk.co.nz | W: www.etk.co.nz

Fees must be paid to the trainer prior to the commencement of the class.

Your fees include:

- access to toilet & shower facilities
- full use of the complete weights gym on the mezzanine floor
- use of all equipment eg. gloves, pads, head & leg protection gear, skipping ropes, bags
- discounted rate for personal training/one on one sessions

MEMBERSHIP TYPE	GENERAL/CASUAL	STUDENTS / FIGHTERS
PER CLASS	\$15.00	\$12.00
10 CLASS CONCESSION CARD	\$110:00	\$90:00
MEMBERS JOINING FEE	\$50.00	\$50.00
3 MONTH MEMBERSHIP *	\$312.00 (\$24/week)	\$286.00 (\$22/week)
6 MONTH MEMBERSHIP *	\$494.00 (\$19/week)	\$468.00 (\$18/week)
12 MONTH MEMBERSHIP *	\$884.00 (\$17/week)	\$780.00 (\$15/week)

* Monthly membership rates shown above are paid through the ADFIT direct debit payment system. With ADFIT there are different payment options for you to choose. Fees can be deducted either weekly or monthly from your bank account. The first 3 weeks however must be paid direct to ETK. Please bring your bank account details with you when signing up.

| 1 ON 1 SESSSIONS:

One on one sessions are also available with one of our experienced trainers/fighters. These sessions are customised to suit you and are charged at \$40 per hour (for members) and \$50 per hour (for non-members). Please see reception if you would like more information.

| WARRANT OF FIGHTING

If you feel you want to take the next step & see how you'd go as a fighter, you can sit the Warrant of Fighting test. You will be scored by 3 trainers on your fitness, technique & your general readiness for the ring. These are held on 1 Wednesday evening a month & have only 3 places per session. The cost for the WOF is \$65 & you will receive your Elite Thai Kickboxing fighters award - if you pass the test. Please talk with Jason if you would like to know more or to book.

| KIDS CLASS:

Kids classes are \$10 per child under 17 years old, per session. A 10 class concession card can be purchased for \$70.

