

LEARN NOW, USE FOR LIFE.

Build a Disciplined Mind

- Develop your fitness
- Self confidence
- Resilience
- Focus & discipline
- Leadership
- Accomplishment
- Increase flexibility & endurance
- Fun for all ages

PROVEN TO ASSIST WITH WEIGHT LOSS

Monash University Peninsula Campus
McMahons Road, Frankston
Building B: basketball court

Monday & Thursday Evenings
Junior Class: 5pm - 6pm
Senior Class: 6pm - 7pm
Call Troy: 0400 003 758



Promotion

Join now show this add for a Free Uniform valued at \$60.00*

*Conditions apply

