

Nutaofit Martial Arts

FLYING DRAGON



710 Centre Road, East Bentleigh, 3165
Full Time Training Location
(Melways 77J1)



TAE KWON DO

Founder: Geoff Hutchinson
Master Instructor: Paul Mracek
 T: 9532 5476 or M:0418 885 122
 Answering Machine or Day Time (Paul)



N
U
T
A
O
F
I
T
M
A
R
T
I
A
L



A
R
T
S
A
C
A
D
E
M
Y

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Private Classes 9-4pm	Private Classes 9-4pm	Ladies Kickboxing 9.30-10.15am	Private Classes 9-4pm	Ladies Kickboxing 9.30-10.15am	Yoga Level 1	Private Classes
	Coming Soon Reiki & You 10.30-11.15am	Legs-Bums-Tums 10.30-11.15am	Coming Soon Reiki & You 10.30-11.15am	Legs-Bums-Tums 10.30-11.15am	8.45-9.45am	
Tiger Club 4.30-5.00pm	Tiger Club 4.30-5.00pm	Tiger Club 4.30-5.00pm	Tiger Club 4.30-5.00pm		Tiger Club 10.00-10.30am	9-4pm
Kids TKD 5-5:45pm	Kids TKD 5-5:45pm	Kids TKD 5-5:45pm	Kids TKD 5-5:45pm		Kids TKD 10.30-11.15am	
Teens & Senior TKD (incl. kids adv. belts) 5.45-6:30pm	Teens & Senior TKD (incl. kids adv. belts) 5.45-6:30pm	Teens & Senior TKD (incl. kids adv. belts) 5.45-6:30pm	Taichi Qigong 6-6:30pm	Teens & Senior TKD (incl. kids adv. belts) 5.45-6:30pm	Kids-Senior TKD 11.15 – 12pm	
					Master Class 11.30 – 1.00pm	
Taekwon Jitsu or Advanced Defensive Tactics 6:30-7:15pm	Yoga Level 1 6:30-7:15pm	Taekwon Jitsu or Advanced Defensive Tactics 6:30-7:15pm	Taekwon Jitsu or Advanced Defensive Tactics 6:30-7:15pm	Private Advanced Training or Grading	Private Classes 3.00-5.00pm	
Kickboxing / Cardio 7:30-8:15pm	Yoga Level 2 7:30-8:30pm	Kickboxing / Cardio 7:30-8:15pm	Personal Training 7:30-8:15pm			MMA Classes 6:30-8pm
Bag Circuit or Sparring: on request 8:15-9pm		Bag Circuit or Sparring: on request 8:15-9pm				

N
U
T
A
O
F
I
T
M
A
R
T
I
A
L



A
R
T
S
A
C
A
D
E
M
Y

Note: All classes may change on short notice and are based on demand and student levels. Reiki & You classes are for Reiki Level I, II & III by announced schedule.

Fee Schedule and Timetable - Valid from 1st July, 2015; Tiger Cub 2-5yrs, Kids, 6-12yrs, Teens 13yrs+