



**WTF Taekwondo
the only martial
art proudly feature
in the Olympic
Games!**



Apex Taekwondo Classess For Kids and Adults

APEX Taekwondo - Where Champions Are Made!

Why Choose APEX Taekwondo :

- ✓ Helps children stay active, reduce screen time
- ✓ Frindly, motivating environment
- ✓ Experienced and professional instructors
- ✓ Boosts discipline and fitness
- ✓ Self-Defense and confidence

Register Now



www.leoboltontkd.uk



07411079476

Unit 62, Flexspace, Manchester road, Bolton, BL3 2NZ



Free Trail Class

Age Groups & Classes :

- ✓ Kids (5-7 years) - Fun and safe introduction
- ✓ Beginners - Step-by-step learning for all ages
- ✓ Family Classes - Train together and bond as a family
- ✓ Advanced - Challenging sessions to sharpen skills



CLASS TIME TABLE



Age 5-7 MON, WED 17:30 - 18:30



8+ Beginner and Family TUE, THU 18:45 - 20:00
SAT 12:00 - 13:30



8+ Advance and Fighters MON, WED, FRI 18:45 - 20:15
SAT 13:45 - 15:15

