

# KUK SOOL WON

## GLASGOW

TRADITIONAL KOREAN MARTIAL ARTS

### MONDAY

18.00 - 19.00 KUK SOOL WON KIDS  
19.00 - 20.15 WHITE TO BLUE BELTS  
20.15 - 21.30 RED BELTS TO DAHN BO NIMS

### TUESDAY

19.30 - 21.00 FITNESS/CIRCUIT TRAINING\*\*

### WEDNESDAY

18.00 - 19.00 KUK SOOL WON FAMILY CLASS  
19.00 - 20.15 RED BELTS TO DAHN BO NIMS  
20.15 - 21.30 WHITE TO BLUE BELTS

### THURSDAY

18.00 - 19.00 KETTLEBELL TRAINING\*\*  
19.00 - 20.00 WEAPONS (ALL LEVELS)  
20.00 - 21.30 SPARRING (ALL LEVELS)

### FRIDAY

09.45 - 11.15 KUK SOOL WON (ALL LEVELS)  
19.15 - 20.45 BLACK BELT ACADEMY (FORTNIGHTLY)

### SATURDAY

10.00 - 11.30 FITNESS/CIRCUIT TRAINING\*\*  
11.45 - 12.45 KUK SOOL WON KIDS  
13.00 - 14.00 KUK SOOL WON (ALL LEVELS)

\*\* open to non-members

국  
수  
원

### ADULT PRICES

PAY AS YOU GO:

STUDENT / UNEMPLOYED - £4 PER CLASS

WORKING - £5 PER CLASS

FAMILY CLASS - £3.50

MONTHLY STANDING ORDER (\*\* not included):

4 CLASSES PER MONTH - £15

8 CLASSES PER MONTH - £29

8 CLASSES PER MONTH + WEAPONS & SPARRING - £50

12 CLASSES PER MONTH - £44

12 CLASSES PER MONTH + WEAPONS & SPARRING - £65

### KIDS PRICES

PAY AS YOU GO:

£3.50 PER CLASS

MONTHLY STANDING ORDER (\*\* not included):

4 CLASSES PER MONTH - £12

8 CLASSES PER MONTH - £24

12 CLASSES PER MONTH - £34

### FITNESS/CIRCUIT TRAINING

£3.50 PER CLASS

### KETTLEBELL TRAINING

£4.00 PER CLASS