



## THIS WEEK AT FASTKIX!

**Regular schedule all week, except  
ALL CLASSES CANCELLED  
Thursday November 26<sup>th</sup> & Friday November 27<sup>th</sup>  
HAPPY THANKSGIVING EVERYONE!**

**TAEKWONDO CLASS FOCUS** This week's class focus is forms, breaking and striking.

Monday 11/23 – Forms and Board breaking

Tuesday 11/24 – Forms, Sparring and Board breaking

Wednesday, 11/25 – Forms, Sparring and Board breaking

Thursday 11/26 and Friday 11/27 – CLOSED

Saturday, 11/28 – Forms and sparring

### **KICKBOXING**

It's TURKEY WORKOUT WEEK! Time to push and get your classes in to make up for all the goodies you'll eat over the holiday!

GET YOUR WORKOUTS IN and make those Thanksgiving calories disappear!

### **CHECK OUT OUR PRO SHOP**

Is your sparring gear worn out? Are your kickboxing gloves shredded from all those workouts? Check out our pro shop on our website [www.fastkix.com](http://www.fastkix.com) for easy ordering!

### **A SPECIAL THANKSGIVING MESSAGE FROM GRANDMASTER BALON**

Thank you to every one of our members! Like most small businesses, we have faced a multitude of challenges since March, and thanks to you, we are still here! We have a lot to be grateful for!

We are grateful for our members who support us throughout and train hard every day – in person or remote.

We are grateful for our Fastkix families who sacrifice to keep yourselves and your children in taekwondo.

We are grateful for the amazing amount of referrals we've received from our members since reopening.

We are grateful for everyone's cooperation in keeping our school members and families safe and healthy.

We are grateful for our staff, who make every day at Fastkix special.



**We wish you all a safe, healthy and wonderful Thanksgiving!  
Grandmaster and Mrs. Balon  
and Master Charles**

