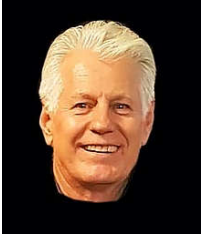


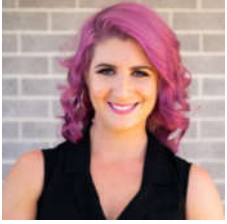



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<p>All classes are conducted by Master Graham Healy 8th dan.</p> <p>40 years of experience plus a med-science education background gives you an instructor who is multi-skilled in many dimensions.</p>	<p>Master Graham holds master certification in dry needling/acupuncture</p>  <p>FIXED IN 24 HOURS</p> <p>Healy's musculoskeletal therapy</p>		<p>Workshops (in 2 weekly cycles) 1pm to 4pm (3 hrs)</p> <ul style="list-style-type: none"> *Regular YJD-H *Commando *Boxing Skills 	<p>Recovery day</p>
<p>Kids class 4pm to 5pm</p>		<p>Special stretching is conducted at the beginning of every class conducted personally by Master Graham. His med-science background teaches you postural alignment techniques like nobody else</p>	<p>Flexibility training like no other system for adults and kids</p> 		<p>Regular Yun Jung Do Healy classes are a refined version of Tae Kwon Do Safe for all the family non Contact non Competitive Mind body spirit balance</p>	
<p>Adults class 5pm to 6.30pm</p>		<p>Kids Class 5pm to 6pm</p>	 <p>FREE ANTIBULLYING 3hr WORKSHOP</p>		<p>Commando Krav Maga (Integrated Combat) are Adult Classes that teach gun & Knife disarming and reality based scenarios Safe and technique only method of teaching, no egos just learning how.</p>	
		<p>Adults class 6pm to 7.30pm</p> <p>Adults class (Commando krav maga) 7.30pm to 8.30pm</p>			<p>Boxing skills & drills Non competitive you just learn the 'skills & drills' of the Healy's boxing academy Technique only 'safe' for all the family .</p>	 <p>LEARN TO BOX LIKE ALI IN 6 hours</p>