

Kids Combat *Sat ongoing; 12.30-1.30pm. True Yoga, Level 4, Pacific Plaza, 9 Scotts Rd (6733 9555, www.trueyoga.com.sg).* ■ Orchard. Turn your child into a young Bruce Lee or Mulan. Courses involve karate, kickboxing and basic yoga practice. Word of advice? Start hiding the prized china at home.

Kids Yoga *Every Sat & Sun, 1.45-2.45pm (Sat); 12.30-1.30pm (Sun). Level 4, Pacific Plaza, 9 Scotts Rd (6733 9555, www.trueyoga.com.sg).* ■ Orchard. Yoga for kids? Yes, it's time for your child to practise their contortionist skills. Not only is yoga good for the body, but the exercise also trains concentration (think exams), balance, stamina, health and creativity. Age 6-11.