

New Timetable Commencing 6th January 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
08:00am						Brazilian Jiu-Jitsu (Open Mat)
09:00am						Womens Cardio Kickboxing
10:00am						
4:00 pm	Kids Kickboxing	Kids Kickboxing	Kids Kickboxing	Kids Kickboxing		
5:00 pm	Teens Kickboxing		Teens Kickboxing	Teens Brazilian Jiu-Jitsu	Teens Kickboxing (Advance)	
6:00 pm	Kickboxing	Brazilian Jiu-Jitsu	Kickboxing	Brazilian Jiu-Jitsu	Kickboxing (Sparring)	
7:00 pm	Brazilian Jiu-Jitsu	Kickboxing	Wrestling	Kickboxing		
8:00 pm	Advanced Kickboxing	Kickboxing (Sparring)	Boxing	Advanced Kickboxing		

- Kids classes (6 to 12 year old)
- Teens classes (13 to 16 year old)
- Advance classes are by invitation only
- Sparring class: Head gear, mouth guard, 16oz gloves, groin guard and shin guards are **compulsory**.