



CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday
8:30am						Kickboxing
10am (30min)						Novice Sparring Teen's & Adult's
4 pm	Kids Kickboxing	Kids Kickboxing	Kids Kickboxing	Kids Kickboxing	Kids Kickboxing	
5 pm	Teens Kickboxing	Kids Kickboxing	Teens Kickboxing	Kids Kickboxing	Teens Kickboxing	
6 pm	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Advance / Fighters	
7 pm	Advance / Fighters	Advance / Fighters	Advance / Fighters	Advance / Fighters		

* Kids - 6 to 12 year old's (All skill levels)

* Advance/Fighters class is by invitation only

* Teens - 13 years and over (All skill levels)

* Saturday sparring class is suitable for teens and adults (Novice level).

* Kickboxing - Adults (0-18 months experience)

* Advance sparring is done during advance class.

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