

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LADIES ONLY KICKBOXING (ALL LEVELS) 9.30AM – 10.30AM		ADULT KICKBOXING (ALL LEVELS) 9.30AM – 10.30AM	LADIES ONLY KICKBOXING (ALL LEVELS) 9.30AM – 10.30AM	ADULT KICKBOXING (ALL LEVELS) 9.30AM – 10.30AM	NINJA CADETS KICKBOXING (7 – 9 YRS) 9.00AM – 9.45AM
LITTLE DRAGONS KICKBOXING (4 – 6 YRS) 4.00PM – 4.45PM	NINJA CADETS KICKBOXING (7 – 9 YRS) 4.00PM – 4.45PM	NINJA CADETS KICKBOXING (7 – 9 YRS) 4.00PM – 4.45PM	LITTLE DRAGONS KICKBOXING (4 – 6 YRS) 4.00PM – 4.45PM	CADETS KICKBOXING (10 -15 YRS) 4.00PM – 4.45PM	ADULT KICKBOXING (ALL LEVELS) 10.00AM – 11.00AM
CADETS KICKBOXING (10 -15 YRS) 5.00PM – 5.45PM	CADETS KICKBOXING (10 -15 YRS) 5.00PM – 5.45PM	CADETS KICKBOXING (10 -15 YRS) 5.00PM – 5.45PM	NINJA CADETS KICKBOXING (7 – 9 YRS) 5.00PM – 5.45PM	CADETS MMA (10 -15 YRS) 5.00PM – 5.45PM	
ADULT BEGINNERS KICKBOXING 6.00PM – 6.50PM	LADIES ONLY KICKBOXING (ALL LEVELS) 6.00PM – 6.50PM	ADULT INT/ADV KICKBOXING (BLUE BELT+) 6.00PM – 6.50PM	ADULT KICKBOXING (ALL LEVELS) 6.00PM – 6.50PM	ADULT MMA BEGINNERS COURSE 6.30PM – 7.30PM	
ADULT ADVANCED KICKBOXING (BROWN BELT+) 7.00PM – 7.50PM	LADIES ONLY KICKBOXING (ALL LEVELS) 7.00PM – 7.50PM	ADULT BEGINNERS KICKBOXING 7.00PM – 7.50PM	ADULT BEGINNERS KICKBOXING 7.00PM – 7.50PM	ADULTS KICKBOXING TEAM SPARRING INVITE ONLY 7.30PM – 8.30PM	
Bjj - GI (ALL LEVELS) 8.00PM – 9.30PM	ADULT KICKBOXING (ALL LEVELS) 8.00PM – 9.00PM	ADULT MMA (ALL LEVELS) 8.00PM – 8.55PM	ADULT MMA (ALL LEVELS) 8.00PM – 8.55PM		
		Bjj - GI (ALL LEVELS) 9.00PM – 10.00PM	NO GI ROLLING SESSION 9.00PM – 9.45PM		