



MASTER'S ACADEMY TIMETABLE

BUILDING CONFIDENCE • IMPROVING FITNESS • ACHIEVING EXCELLENCE



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ADULT KICKBOXING (ALL LEVELS) 9.30AM – 10.30AM			ADULT KICKBOXING (ALL LEVELS) 9.30AM – 10.30AM	ADULT KICKBOXING (ALL LEVELS) 9.30AM – 10.30AM	NINJA CADETS KICKBOXING (6>10 YRS) 9.00AM – 9.50AM
	NINJA CADETS KICKBOXING (6>10 YRS) 4.00PM – 4.50PM	NINJA CADETS KICKBOXING (6>10 YRS) 4.00PM – 4.50PM	LITTLE DRAGONS KICKBOXING (4>6 YRS) 4.00PM – 4.50PM	CADETS KICKBOXING (10>15 YRS) 4.00PM – 4.50PM	ADULT KICKBOXING (ALL LEVELS) 10.00AM – 11.00AM
CADETS KICKBOXING (10>15 YRS) 5.00PM – 5.50PM	CADETS KICKBOXING (10>15 YRS) 5.00PM – 5.50PM	CADETS KICKBOXING (10>15 YRS) 5.00PM – 5.50PM	NINJA CADETS KICKBOXING (6>10 YRS) 4.50PM – 5.50PM	CADETS MMA (10>15 YRS) 5.00PM – 5.50PM	
ADULT BEGINNERS KICKBOXING 6.00PM – 6.50PM	LADIES ONLY (ALL LEVELS) 6.00PM – 6.50PM	ADULTS KICKBOXING (ADVANCED) 6.00PM – 6.50PM	BJJ GI BEGINNERS CLASS/COURSE 6.00PM – 6.50PM	ADULTS MMA (ALL LEVELS) 6.30PM – 7.30PM	
INTERMEDIATE / ADVANCED KICKBOXING / SPARRING 7.00PM – 7.50PM	ADULT 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	
CSW – NO GI GRAPPLING (ALL LEVELS) 8.00PM – 9.30PM	ADULTS KICKBOXING (INTERMEDIATE & ADVANCED) 8.00PM – 8.50PM	ADULTS MMA (ALL LEVELS) 8.00PM – 9.30PM	CSW – NO GI GRAPPLING (ALL LEVELS) 8.00PM – 9.30PM		



ADULT CLASSES
15+ YEARS



KICKBOXING / MMA
ALL LEVELS



CHILDREN & CADETS
4 – 15 YEARS



GRAPPLING / BJJ / CSW
ALL LEVELS



CHECK TIMETABLE REGULARLY
AS CLASSES MAY CHANGE