

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ADULT KICKBOXING (ALL LEVELS) 9.30AM – 10.30AM		ADULTS MMA FOR EVERYONE (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 (7 – 9 YRS) 9.00AM – 9.45AM
	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 – 4.50PM	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 (7 – 9 YRS) 5.00PM – 5.45PM	CADETS MMA (10 -14 YRS) 5.00PM – 5.50PM	
ADULT BEGINNERS KICKBOXING 6.00PM – 6.50PM	LADIES ONLY KICKBOXING (ALL LEVELS) 6.00PM – 6.50PM	ADULT INT/ADV KICKBOXING (BLUE BELT+) 6.00PM – 6.55PM	BJJ GI BEGINNERS CLASS/COURSE 6.00PM – 7.00PM	ADULT MMA (ALL LEVELS) 6.30PM – 7.30PM	
ADULT ADVANCED KICKBOXING 7.00PM – 7.55PM	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	
BJJ - GI (ALL LEVELS) 8.00PM – 9.30PM	ADULT KICKBOXING (INTERMEDIATE & ADVANCED) 8.00PM – 9.00PM	ADULT MMA COURSE & CLASS (ALL LEVELS) 8.00PM – 9.30PM	CSW - NO GI GRAPPLING (ALL LEVELS) 8.00PM – 9.30PM		