


Mondays

	Adults	06:45	Kickboxing
	Kids	17:30	Wrestling
	Ladies	19:00	Ladies Only

Tuesdays

	Kids	16:25	Kickboxing 4-7 yrs
	Kids	17:10	Kickboxing 8-10 yrs
	Kids	18:05	Kickboxing 11-14 yrs
	Adults	19:00	Beg Kickboxing
	Adults	20:00	Inter/Adv Kickboxing
	Adults	21:00	Sparring


Wednesdays

	Adults	09:30	Kickboxing & Circuits
	Kids	16:30	Beg Sparring
	Kids	17:00	Beg MMA/Grappling
	Kids	18:00	Kickboxing Sparring
	Adults	19:00	Beg MMA/Grappling
		20:00	Rolling/Sparring

Thursdays

	Kids	16:25	Kickboxing 4-7 yrs
	Kids	17:10	Kickboxing 8-10 yrs
	Kids	18:05	Kickboxing 11-14 yrs
	Adults	19:00	Beg Kickboxing
	Adults	20:00	Inter/Adv Kickboxing
	Adults	21:00	Sparring

Fridays

	Adults	06:45	Kickboxing
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