

MUAY THAI / KICKBOXING & BOXING

		MON	TUES	WED	THURS	FRI
MUAY THAI DAY CLASS	Start	12.00 pm	12.00 pm	12.00 pm	12.00 pm	12.00 pm
	Finish	1.00 pm	1.00 pm	1.00 pm	1.00 pm	1.00 pm
KICKBOXING FOR FITNESS	Start	6.00 pm		6.00 pm		
	Finish	7.00 pm		7.00 pm		
MUAY THAI (Level 1)	Start		6.00 pm		6.00 pm	
	Finish		7.00 pm		7.00 pm	
MUAY THAI (Level 2)	Start	7.00 pm		7.00 pm		
	Finish	8.15 pm		8.15 pm		
MUAY THAI (Level 3)	Start		7.00 pm		7.00 pm	
	Finish		8.15 pm		8.15 pm	
MUAY THAI (Level 4)	Start	4.30 pm		4.30 pm		
	Finish	6.00 pm		6.00 pm		
BOXING	Start	5.30 pm	5.30 pm	5.30 pm	5.30 pm	
	Finish	7.00 pm	7.00 pm	7.00 pm	7.00 pm	

BRAZILIAN JIU-JITSU & SHOOT FIGHTING

		MON	TUES	WED	THURS	FRI
BRAZILIAN JIU-JITSU DAY CLASS	Start	12.00 pm	12.00 pm	12.00 pm	12.00 p.m.	12.00 pm
	Finish	1.00 pm	1.00 pm	1.00 pm	1.00 p.m.	1.00 pm
BRAZILIAN JIU-JITSU (LEVEL 1)	Start		6.00 pm		6.00 pm	
	Finish		7.00 pm		7.00 pm	
BRAZILIAN JIU-JITSU (LEVEL 2)	Start	7.00 pm		7.00 pm	7.00 pm	
	Finish	8.15 pm		8.15 pm	8.15 pm	
BRAZILIAN JIU-JITSU (LEVEL 3)	Start		7.00 pm			
	Finish		8.15 pm			
SHOOT FIGHTING (LEVEL 1)	Start	6.00 pm		6.00 pm		
	Finish	7.00 pm		7.00 pm		
BRAZILIAN JIU-JITSU OPEN MAT	Start	5.00 pm	5.00 pm	5.00 pm	5.00 pm	
	Finish	6.00 pm	6.00 pm	6.00 pm	6.00 pm	

KIDS MARTIAL ARTS

		MON	TUES	WED	THURS	FRI
TINY TIGERS (3 TO 6 YEARS OLD)	Start	4.00 pm	4.00 pm	4.00 pm	4.00 pm	
	Finish	4.30 pm	4.30 pm	4.30 pm	4.30 pm	
YOUNG JEDI (6 YEARS OLD +)	Start		4.30 pm	4.30 pm	4.30 pm	
	Finish		5.15 pm	5.15 pm	5.15 pm	
MUAY THAI / KICKBOXING	Start	4.30 pm	5.15 pm		5.15 pm	
	Finish	5.15 pm	6.00 pm		6.00 pm	
BRAZILIAN JIU-JITSU	Start	5.15 pm		5.15 pm		
	Finish	6.00 pm		6.00 pm		