

# KICKBOXING ADULT TIMETABLE

MONDAY	
18:15 - 19:30	MUAY THAI
19:30 - 20:15	MUAY THAI SPARRING

TUESDAY	
12:15 - 13:00	MUAY THAI
18:30 - 19:10	KICKBOXING TECHNICAL / SYLLABUS
19:15 - 20:30	KICKBOXING

WEDNESDAY	
18:15 - 19:30	MUAY THAI
19:30 - 20:15	MUAY THAI SPARRING

THURSDAY	
12:15 - 13:00	MUAY THAI
18:30 - 20:00	MMA MIXED MARTIAL ARTS

FRIDAY	
17:30 - 18:20	COMPETITION KICKBOXING YOUTH, TEEN & ADULT
18:30 - 19:30	KICKBOXING SPARRING

SATURDAY	
08:30 - 09:20	KICKBOXING YOUTH TO ADULT (AGE 8+)
12:15 - 13:30	FAMILY KICKBOXING (AGE 4+)

SUNDAY	
09:00 - 10:00	COMPETITION KICKBOXING INVITE ONLY

OPEN MAT	
07:00 - 21:00	MONDAY & WEDNESDAY
07:00 - 20:30	TUESDAY, THURSDAY & FRIDAY
08:30 - 09:30 11:00 - 12:00 13:00 - 14:00	SATURDAY
09:00 - 13:00	SUNDAY

# KICKBOXING KIDS YOUTH & TEEN TIMETABLE

MONDAY	
17:00 - 18:00	MUAY THAI TEENS 11-15YRS

TUESDAY	
16:00 - 16:30	KICKBOXING KIDS 4 - 7YRS
16:40 - 17:25	KICKBOXING YOUTH 8 - 10YRS
17:30 - 18:20	KICKBOXING TEENS 11 - 15YRS

WEDNESDAY	
17:00 - 18:00	MUAY THAI TEENS 11-15YRS

THURSDAY	
16:00 - 16:30	KICKBOXING KIDS 4 - 7YRS
16:40 - 17:25	KICKBOXING YOUTH 8 - 10YRS
17:30 - 18:20	KICKBOXING TEENS 11 - 15YRS

FRIDAY	
16:40 - 17:25	KICKBOXING YOUTH, TEEN 8-15YRS
17:30 - 18:20	COMPETITION KICKBOXING YOUTH, TEEN & ADULT (8+)

SATURDAY	
08:30 - 09:20	KICKBOXING YOUTH TO ADULT (AGE 8+)
12:15 - 13:30	FAMILY KICKBOXING (AGE 4+)

SUNDAY	
09:00 - 10:00	COMPETITION KICKBOXING INVITE ONLY

