

KICKBOXING ADULT TIMETABLE

MONDAY	
18:15 - 19:30	BEGINNER / INTERMEDIATE MUAY THAI
19:30 - 20:15	MUAY THAI SPARRING

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

WEDNESDAY	
18:15 - 19:30	BEGINNER / INTERMEDIATE MUAY THAI
19:30 - 20:15	MUAY THAI SPARRING

THURSDAY	
12:15 - 13:00	BEGINNER MUAY THAI PADWORK
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 - 09:30	KICKBOXING
12:15 - 13:00	FAMILY KICKBOXING (AGE 4+)

**FAMILY CLASSES - ALL CHILDREN MUST HAVE AN
ACCOMPANYING ADULT ON THE MATS**

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

OPEN MAT	
07:00 - 20:30	MONDAY, TUESDAY & WEDNESDAY
07:00 - 20:00	THURSDAY
10:00 - 20:00	FRIDAY
08:30 - 09:30 13:00 - 14:00	SATURDAY
09:00 - 13:00	SUNDAY

KICKBOXING KIDS YOUTH & TEEN TIMETABLE

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

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

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

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

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

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

SATURDAY	
12:15 - 13:00	FAMILY KICKBOXING (AGE 4+)
13:00 - 14:00	KIDS, YOUTH AND TEENS KICKBOXING (AGE 4 - 18)

FAMILY CLASSES - ALL CHILDREN MUST HAVE AN ACCOMPANYING ADULT ON THE MATS

