

# KICKBOXING ADULT SUMMER TIMETABLE

27th July - 30th August 2026

| 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 - 19:45 | KICKBOXING                  |
| 19:45 - 20:30 | KICKBOXING SPARRING         |

| 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<br>13:00 - 14:00 | SATURDAY                    |
| 09:00 - 13:00                  | SUNDAY                      |



# KICKBOXING KIDS YOUTH & TEEN SUMMER TIMETABLE

27th July - 30th August 2026

| MONDAY        |                                             |
|---------------|---------------------------------------------|
| 17:00 - 18:00 | KICKBOXING TEENS<br>(MUAY THAI)<br>11-15YRS |

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

| WEDNESDAY     |                                             |
|---------------|---------------------------------------------|
| 17:00 - 18:00 | KICKBOXING TEENS<br>(MUAY THAI)<br>11-15YRS |

| THURSDAY      |                                                 |
|---------------|-------------------------------------------------|
| 16:00 - 16:30 | KICKBOXING KIDS<br>4 - 7YRS                     |
| 16:40 - 17:40 | KICKBOXING YOUTH AND<br>TEEN COMBINED 8 - 15YRS |

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

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

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

| SUNDAY        |                                          |
|---------------|------------------------------------------|
| 09:00 - 10:00 | COMPETITION<br>KICKBOXING<br>INVITE ONLY |

