

	Monday	Tuesday	Wednesday	Thursday	Friday
9.30 to 10.00 am	Ninja Ru 3-4 years				
12:30 to 1.30 pm	Freestyle Senior All Ranks		Freestyle Senior All Ranks		Muay Thai Senior All Ranks
<b>Junior Classes</b>					
3:30 to 4.15 pm	Freestyle 5-13 years Green	Freestyle 5-8 years White / Yellow	Freestyle 5-8 years White / Yellow	Freestyle 5-13 years Green	Ninja Ru 3-4 years Beginners
4:15 to 5.00 pm	Freestyle 5-8 years Orange / Blue	Freestyle 9-13 years White / Yellow	Freestyle 5-8 years Orange / Blue	Freestyle 5-8 years White / Yellow	Freestyle 5-8 years White / Yellow
5:00 to 5.45 pm	Freestyle 5-13 years Brown	Teens Freestyle 13-16 years Green - Black	Freestyle 5-13 years Brown - Black	Freestyle 9-13 years White / Yellow	Freestyle 5-13 years Brown - Black
5:45 to 6.30 pm	Freestyle 5-13 years Black	Junior Leadership Program	Freestyle 5-13 years Green	Teens Freestyle 13-16 years Green - Black	Freestyle 5-13 years Green
<b>Adult Classes</b>					
6:30 to 7.30 pm	Freestyle White / Yellow	Freestyle Orange / Blue	Muay Thai White / Yellow	Freestyle Orange - Green	IDS Krav Maga
7:30 to 8.30 pm	Muay Thai All Ranks	Freestyle White / Yellow	Elite	Freestyle White / Yellow	
8:30 to 9.30 pm	Freestyle Orange / Blue		Freestyle Senior		

	Saturday
8.30 to 9.00 am	Ninja Ru 3-4 years Beginners
9.00 to 9.45 am	Freestyle 5-8 years White / Yellow
9.45 to 10.30 am	Freestyle 5-8 years Orange / Blue
10.30 to 11.15 am	Black Belt Club 5-8 years
11.15 to 12.00 pm	Black Belt Club 9-13 years
12.00 to 1.00 pm	Freestyle 5-13 years Advanced GPG
1.00 to 2.00 pm	Catch up class Junior 1.00-1.45 Senior 1.00-2.00
	BOOKING ONLY

	Sunday
8.30 to 9.30 am	Freestyle Senior All Ranks
9.30 to 10.00am	Ninja Ru 3-4 years
10.00 to 10.45 am	Freestyle 5-13 years White - Blue
10.45 to 11.30 pm	Freestyle 5-13 years Green - Black

### **Personal Training Sessions**

1 hour and ½ hour sessions available on weekday mornings and weekends. Need to catch up on requirements or boost your fitness? See reception for availability.

### **Birthday Parties**

Multiple package options to suit your child's needs. Make your next

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Junior Classes</b>					
<b>3:30 to 4.15 pm</b>	Freestyle 5-8 years White / Yellow	Freestyle 5-8 years Orange / Blue	Ninja Ru 3-4 years	Freestyle 5-8 years Orange / Blue	Ninja Ru 3-4 years Advanced
<b>4:15 to 5.00 pm</b>	Freestyle 5-13 years Green / Brown GPG	Freestyle 5-13 years Brown - Black	Freestyle 9-13 years White / Yellow	Freestyle 5-13 years Black	Freestyle 5-8 years Orange / Blue
<b>5:00 to 5.45 pm</b>	Freestyle 9-13 years Orange / Blue	Freestyle 9-13 years Orange / Blue	Teens Freestyle 12-16 years White - Blue	Junior Tournament Training	Freestyle 9-13 years Orange / Blue
<b>5:45 to 6.30 pm</b>	Freestyle 9-13 years White / Yellow	Freestyle 9-13 years Green	Muay Thai Junior All Ranks	Freestyle 9-13 years Orange / Blue	Muay Thai Junior All Ranks
<b>Adult Classes</b>					
<b>6:30 to 7.30 pm</b>	BJJ	Muay Thai Orange - Black	Muay Thai Orange - Black	Freestyle Green - Black	Muay Thai All Ranks
<b>7:30 to 8.30 pm</b>	Freestyle Green - Black	Freestyle Green - Black	IDS Krav Maga	Freestyle Green - Black Advanced GPG	
<b>8:30 to 9.30 pm</b>		Muay Thai White / Yellow		Muay Thai All Ranks	

	Saturday
<b>8.30 to 9.00 am</b>	Ninja Ru 3-4 years Advanced
<b>9.00 to 9.45 am</b>	Freestyle 9-13 years White / Yellow
<b>9.45 to 10.30 am</b>	Freestyle 9-13 years Green
<b>10.30 to 11.15 am</b>	Freestyle 9-13 years Orange / Blue
<b>11.15 to 12.00 pm</b>	Freestyle 5-13 years Brown - Black
<b>12.00 to 1.00 pm</b>	All Styles Senior All Ranks