

	Monday	Tuesday	Wednesday	Thursday	Friday
12:30 to 1:30 pm	Freestyle Senior All Ranks		Freestyle Senior All Ranks		Muay Thai Senior All Ranks
Junior Classes					
3:30 to 4:15 pm	Freestyle 5-13 years Green	Freestyle 5-8 years Orange / Blue	Freestyle 5-8 years White / Yellow	Freestyle 5-8 years Orange / Blue	Ninja Ru 3-4 years Beginners
4:15 to 5:00 pm	Freestyle 5-8 years Orange / Blue	Freestyle 5-13 years Brown - Black	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 year Brown / GPG	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 / GPG	Junior Leadership Program	Freestyle 5-13 years Green	Teens Freestyle 13-16 years Green - Black	Freestyle 5-13 years Green
Adult Classes					
6:30 to 7:30 pm	Freestyle White / Yellow	Freestyle Orange / Blue	Muay Thai Orange - Black	Freestyle Green - Black	All Style All Ranks SNR Sparring / Fitness
7:30 to 8:30 pm	Freestyle Green - Black	Freestyle Green - Black	Elite	Freestyle White / Yellow	
8:30 to 9:30 pm	Freestyle Orange / Blue		Freestyle Senior All Ranks		

	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	Demo Team

	Sunday
8.30 to 9.30 am	All Styles All Ranks SNR
9.30 to 10.00 am	Ninja Ru 3-4 years
10.00 to 10.45 am	Freestyle 5-13 years White / Yellow
10.45 to 11.30 pm	Freestyle 5-13 years Orange / Blue
11.30 to 12.15pm	Freestyle 5-13 years Green - Black

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

	Saturday
8.30 to 9.00 am	Ninja Ru 3-4 years Advanced
9.00 to 9.45 am	Freestyle 9-13 years White / Yellow
9.45 to 10.30 am	Freestyle 5-13 years Green
10.30 to 11.15 am	Freestyle 9-13 years Orange / Blue
11.15 to 12.00 pm	Freestyle 5-13 years Brown - Black
12.00 to 1.00 pm	All Styles All Ranks SNR
1.00 to 2.00pm	Catch up class Junior 1.00-1.45 Senior 1.00-2.00 BOOKING ONLY

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 child's party one to remember. See reception for more information.