

	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					
3:00 to 3.30 pm			Ninja Ru 3-4 years	Ninja Ru 3-4 years	
3:30 to 4.15 pm	Freestyle 5-8 years White / Yellow	Ninja Ru 3-4 years	Freestyle 5-8 years White / Yellow	Freestyle 5-8 years Orange / Blue	Freestyle 5-13 years White / Yellow
4:15 to 5.00 pm	Freestyle 5-8 years Orange / Blue	Freestyle 9-13 years White / Yellow	Freestyle 5-13 years Green	Freestyle 9-13 years White / Yellow	Freestyle 9-13 years Orange / Blue
5:00 to 5.45 pm	Freestyle 5-13 years Green	Freestyle 5-13 years Brown / Black	Freestyle Black Belt Club 9-13 years	Junior Leadership Program	Freestyle Black Belt Club 5-8 years
5:45 to 6.30 pm	Freestyle 9-13 years Orange / Blue	Junior Muay Thai	Freestyle 9-13 years Orange / Blue	Junior Muay Thai Junior Tournament Training	Freestyle 5-13 years Brown / Black
Adult Classes					
6:30 to 7.30 pm	Freestyle White / Yellow	Freestyle White - Blue	Freestyle White / Yellow	Freestyle Green - Black	Freestyle Orange—Black
7:30 to 8.30 pm	Muay Thai All Ranks	Muay Thai All Ranks	Freestyle Green - Black Advanced Grading Prep	IDS Krav Maga Elite	All Ranks All Styles Fitness & Sparring
8:30 to 9.30 pm	Freestyle Orange / Blue	IDS Krav Maga	Muay Thai All Ranks	Freestyle White - Blue	

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

	Sunday
8.30 to 9.30 am	All Styles Senior All Ranks
9.30 to 10.00 am	Ninja Ru 3-4 years
10.00 to 10.45am	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 child's party one to remember. See reception for more information.