



	Monday	Tuesday	Wednesday	Thursday	Friday
12:30 to 1.30 pm	Freestyle Senior All Ranks		Freestyle Senior All Ranks	3:00 PM Ninja Ru 3-4 years	Senior All Styles All Ranks
Junior Classes					
3:30 to 4.15 pm	Freestyle 5-8 years White / Yellow	Ninja Ru 3-4 years	Freestyle 5-8 years Orange / Blue	Freestyle 5-8 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 5-8 years White / Yellow	Freestyle 9-13 years White / Yellow	Freestyle 9-13 years Orange / Blue
5:00 to 5.45 pm	Junior ELITE Team 1	Freestyle 5-13 years Brown / Black	Freestyle 9-13 years Orange / Blue	Junior ELITE Team 2	Freestyle 5-13 years Brown / Black
5:45 to 6.30 pm	Freestyle 5-13 years Green	Freestyle 9-13 years Orange / Blue	Freestyle 5-13 Green	ISKA Training Junior Leadership Training	Freestyle 5-13 years Green
Adult Classes					
6:30 to 7.30 pm	Freestyle White / Yellow	Freestyle Orange - Blue	Freestyle White / Yellow	Freestyle White Yellow	IDS Krav Maga
7:30 to 8.30 pm	Muay Thai Foundations IDS Krav Maga	Senior Elite	Freestyle Green - Black Muay Thai All Ranks	Freestyle Orange - Black	
	Freestyle Orange / Black		Freestyle Green- Black	IDS Krav Maga	All Styles Sparring and Grading Prep

Saturday	
8.30 to 9.00 am	Ninja Ru 3-4 years
9.00 to 9.45 am	Freestyle 5-8years White / Yellow
9:45 to 10:30am	Freestyle 9-13 years White / Yellow
10:30 to 11:15 am	Freestyle 5-9 years Orange / Blue
11:15 to 12:00pm	Freestyle 9-13 years Orange / Blue
12:00 to 12:45 pm	Freestyle 5-13 years Green
12.45 to 1:30pm	Freestyle 5-13 years Brown /Black
1:30 to 2:15 pm	Junior / Senior Catch up class BOOKING ONLY

Sunday	
8:30 to 9:00am	Ninja Ru 3-4 years
9.00 to 9.45 am	Freestyle 5-8 years White - Blue
9.45 to 10.30 am	Freestyle 9-13 years White - Blue
10.30 to 11.15 am	Freestyle 5-13 years Green - Black
11.15 to 12.15 pm	Freestyle Senior All Ranks

Green Brown Grading Prep



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 Instructors for availability.

Birthday Parties

Multiple package options to suit your child's needs. Make your next child's party one to remember. Visit www.kidspartiesperth.com