

Class Shedule

Time / Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Muay Thai/ Kickboxing	Muay Thai/ Kickboxing	Muay Thai/ Kickboxing	Muay Thai/ Kickboxing	Muay Thai/ Kickboxing	Muay Thai/ Kickboxing	Muay Thai/ Kickboxing
09:00						Grading Work	
10:00	Adults All Levels		Ladies Only		Adults All Levels	Grading Work	
11:00						Grading Work	
12:00						Grading Work	
13:00						Grading Work	
14:00						Grading Work	
15:00						Grading Work	
16:00 - 16:45	Little Ninja Beginners	Little Ninja Intermediate		Little Ninja Beginners			
17:00 - 17:45	Junior Intermediate	Junior Advanced	Junior/Teen Intermediate	Junior Advanced	Junior Intermediate		
18:00 - 18:45	Junior Intermediate	Junior/Teen Beginners	Junior/Teen Intermediate	Teen Advanced	Junior/Teen Advanced		
19:00	Adults Sparring (invite only)	Ladies Only	Adults Padwork	Adults Beginners			
20:00							

Class Ages

Little Ninja (4 - 7) | Junior (8 - 12) | Teens (13 - 17) | Adults (16+) | Ladies (16+)