



DAY	TIME	DESCRIPTION	AGES
Monday	4.00pm-4.30pm	White-Orange	Junior
	4.30pm-5.00pm	Blue	Junior
	6.00pm-6.45pm	General	Junior
	7.30pm-8.15pm	Boxing	Adult
Tuesday	4.00pm-4.30pm	White-Orange +	Junior
	4.30pm-5.00pm	Blue+	Junior
	5.00pm-5.30pm	Yellow+	Junior
	5.30pm-6.10pm	General	Junior
	6.15pm-6.45pm	Pilates	Adult
	6.45pm-7.30pm	Boxing	Adult
8.00pm-8.45pm	Karate	Adult	
Wednesday	4.00pm-4.30pm	Orange+	Junior
	4.30pm-5.00pm	White Only	Junior
	5.15pm-6.00pm	General	Junior
	6.30pm-7.00pm	Green+ (Syllabus)	Junior
	7.00pm-7.30pm	Green+(Sparring and Strategy)	Junior
7.30pm-8.15pm	Boxing	Adult	
Thursday	5.30pm-6.00pm	Karate	Adult
	6.00pm-6.30pm	Green+ (Syllabus)	Junior
	6.30pm-7.00pm	Green+ (Sparring and Strategy)	Junior
	7:00pm-7.45pm	Boxing	Adult
8.00pm-8.45pm	Karate	Adult	
Friday	1.00pm-1.30pm	Karate	Adult
	2.00pm-2.45pm	Boxing	Adult
	4.00pm-4.30pm	Blue+	Junior
	4.30pm-5.00pm	White-Orange+	Junior
	5.15pm-5.45pm	General	Junior
6.00pm-6.45pm	Karate	Adult	
Saturday	10.30am-11.15am	Boxing	Adult
	11.15am - 11.45am	Karate	Adult
	12.00pm -12.45pm	General	Junior
	1:00pm - 1:30pm	Blue+	Junior
	1:30pm - 2:00pm	White-Orange+	Junior