|  |  |  |
| --- | --- | --- |
| **Monday** | **6.00 pm until 7.15 pm**  **7.30 pm until 9.00 pm** | **Adults Kickboxing**  **Adults Kickboxing** |
| **Tuesday** | **5.00 pm until 5.45pm**  **6.00 pm until 7.15 pm**  **7.30 pm until 9.00 pm\*** | **Kids**  **Adults Kickboxing**  **New Adults K-1** |
| **Wednesday** | **6.00 pm until 7.15 pm**  **7.30 pm until 9.00 pm** | **Adults Kickboxing**  **Adults Kickboxing** |
| **Thursday** | **5.00 pm until 5.45pm**  **6.00 pm until 7.15 pm**  **7.30 pm until 9.00 pm** | **Kids**  **Adults Kickboxing**  **Adults 6 wks beginners** |
| **Friday** | **6.00 pm until 7.00 pm**  **7.30 pm until 9.00 pm** | **Adults Women Only**  **Adults Kickboxing** |
| **Saturday** | **10.30 am until 11.30 am**  **12:00 pm until 1:00 pm** | **Kids**  **Adults Kickboxing** |
| **Sunday** | **TBA** | **TBA** |