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| **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** |