

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