

# Class Schedule

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Routine	5:00 PM	6:00 PM	7:00 PM	8:00 PM	09:00 PM
Monday	<b>Junior Beginners</b> 5:00 pm - 5:45 pm	<b>Adult Beginners</b> 6:00 pm -7:00 pm	<b>Adult Intermediate/Advance</b> 7:00 pm -8:00 pm		
Tuesday	<b>Junior Intermediates</b> 5:00 pm - 6:00 pm	<b>Adult Intermediate/Advance</b> 6:00 pm -7:00 pm	<b>Adult Beginners</b> 7:00 pm -8:00 pm	<b>Fighters</b> 8pm - 9.30pm	
Wednesday	<b>Junior Beginners</b> 5:00 pm - 5:45 pm	<b>Adult Beginners</b> 6:00 pm -7:00 pm	<b>Adult Intermediate/Advance</b> 7:00 pm -8:00 pm		
Thursday	<b>Junior Intermediates</b> 5:00 pm - 6:00 pm	<b>Adult Intermediate/Advance</b> 6:00 pm -7:00 pm	<b>Adult Beginners</b> 7:00 pm -8:00 pm	<b>Fighters</b> 8pm - 9.30pm	
Friday		<b>Adult Beginners</b> 6:00 pm -7:00 pm	<b>Adult Sparring</b> 7:00 pm -8:00 pm		
Saturday	<b>Junior Beginners</b> 10am - 10.45am	<b>Junior Intermediates</b> 11:00 am - 12:00 pm	<b>Adult Beginners</b> 12pm - 1pm	<b>Adult Intermediate/Advance</b> 01:00 pm -2:00 pm	
Sunday	<b>Closed</b>	<b>Fighters</b> 8pm - 9.30pm		<b>Closed</b>	<b>Closed</b>

First lesson **FREE & NO** joining fee ...