

TRAINING SCHEDULE



MONDAY	<i>MINI WARRIORS</i> 3 - 4 YEARS 4PM - 4.30 PM	<i>LIL WARRIORS</i> 5 - 7 YEARS 4:30PM - 5PM	<i>CADETS KICKBOXING</i> 8 - 11 YEARS 5PM - 5.45 PM	<i>JUNIOR KICKBOXING</i> 12 - 15 YEARS 5:45PM - 6:30PM	<i>ADULT BEGINNERS KICKBOXING</i> 16+ YEARS 6:30PM - 7:30PM	<i>ADULT KICKBOXING</i> 16+ YEARS 7:30PM - 8:30 PM
TUESDAY	<i>MINI WARRIORS</i> 3 - 4 YEARS 4PM - 4.30 PM	<i>LIL WARRIORS</i> 5 - 7 YEARS 4:30PM - 5PM	<i>CADETS KICKBOXING</i> 8 - 11 YEARS 5PM - 5.45 PM	<i>JUNIOR KICKBOXING</i> 12 - 15 YEARS 5:45PM - 6:30PM	<i>ADULT BEGINNERS KICKBOXING</i> 16+ YEARS 6:30PM - 7:30PM	<i>ADULT KICKBOXING</i> 16+ YEARS 7:30PM - 8:30 PM
WEDNESDAY	<i>MINI WARRIORS</i> 3 - 4 YEARS 4PM - 4.30 PM	<i>LIL WARRIORS</i> 5 - 7 YEARS 4:30PM - 5PM	<i>CADETS KICKBOXING</i> 8 - 11 YEARS 5PM - 5.45 PM	<i>JUNIOR KICKBOXING</i> 12 - 15 YEARS 5:45PM - 6:30PM	<i>ADULT BEGINNERS KICKBOXING</i> 16+ YEARS 6:30PM - 7:30PM	<i>ADULT KICKBOXING</i> 16+ YEARS 7:30PM - 8:30 PM
THURSDAY	<i>MINI WARRIORS</i> 3 - 4 YEARS 4PM - 4.30 PM	<i>LIL WARRIORS</i> 5 - 7 YEARS 4:30PM - 5PM	<i>CADETS KICKBOXING</i> 8 - 11 YEARS 5PM - 5.45 PM	<i>JUNIOR KICKBOXING</i> 12 - 15 YEARS 5:45PM - 6:30PM	<i>ADULT BEGINNERS KICKBOXING</i> 16+ YEARS 6:30PM - 7:30PM	<i>ADULT KICKBOXING</i> 16+ YEARS 7:30PM - 8:30 PM
FRIDAY	<i>MINI WARRIORS</i> 3 - 4 YEARS 4PM - 4.30 PM	<i>LIL WARRIORS</i> 5 - 7 YEARS 4:30PM - 5PM	<i>CADETS KICKBOXING</i> 8 - 11 YEARS 5PM - 5.45 PM	<i>JUNIOR KICKBOXING</i> 12 - 15 YEARS 5:45PM - 6:30PM	<i>ADULT BEGINNERS KICKBOXING</i> 16+ YEARS 6:30PM - 7:30PM	<i>ADULT KICKBOXING</i> 16+ YEARS 7:30PM - 8:30 PM



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