

GROUP CLASS TIMETABLE (ST. JOHNS WOOD DOJO)

PRIVATE CLASSES ALSO AVAILABLE ON REQUEST

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	10am - 11am Krav Maga Adults (All Levels)					
				11am - 12pm Krav Maga Adults (All Levels)	11am - 12pm Kickboxing Adults (All Levels)	
						12pm - 12.45pm Kickboxing Teenagers (12 - 15 yrs) Inter / Adv
			12pm - 1pm Kickboxing Adults (All Levels)		12.15pm - 1pm Kickboxing Teenagers (12 - 15 yrs) All Levels	12.45pm - 1.30pm Kickboxing Teenagers (12 - 15 yrs) Beginners
					1.15pm - 2pm Kickboxing Junior Panthers (7 - 11 yrs) All Levels	1.30pm - 2pm Kickboxing Little Panthers (4 - 6yrs)
4:15pm - 4.45pm Kickboxing Little Panthers (4 - 6yrs)		4:15pm - 4.45pm Kickboxing Little Panthers (4 - 6yrs)	4.15pm - 5pm Kickboxing Junior Panthers (7 - 11 yrs) All Levels	4:30pm - 5:15pm Jiu-Jitsu Kids (5 - 8yrs)		
5pm - 5:45pm Kickboxing Junior Panthers (7 - 11 yrs) All Levels	5pm - 5:45pm Kickboxing Junior Panthers (7 - 11 yrs) All Levels	5pm - 5:45pm Kickboxing Junior Panthers (7 - 11 yrs) All Levels	5pm - 5:45pm Kickboxing Teenagers (12 - 15 yrs) All Levels	5.30pm - 6.15pm Jiu-Jitsu Kids (9 - 14yrs)		
5.50pm - 6:35pm Kickboxing Junior Panthers (7 - 11 yrs) All Levels			6pm - 7pm Kickboxing Adults (Beginners)			
7pm - 8pm Kickboxing Adults (Beginners)		6pm - 6:45pm Jiu-jitsu Kids (9-14yrs)		6:30pm - 7:30pm Jiu-jitsu (Women)		
8pm - 9pm Jiu-Jitsu Adults (Beginners)	7pm - 8pm Kickboxing Adults (All Levels)	7pm - 8pm Jiu-Jitsu Adults (Beginners)	7pm - 8pm Kickboxing Adults (Intermediate / Seniors)			

Class Colour Key

Kickboxing Classes for Children	•	Jiu-jitsu Classes for Adults	•	Jiu-jitsu Classes for Children	•	Krav Maga Classes for Adults	•	Kickboxing Classes for Adults
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