

GROUP CLASS TIMETABLE (TEMPLE FORTUNE)

PRIVATE CLASSES ALSO AVAILABLE ON REQUEST

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		Sunday
					9:45 - 10:30am Jiu-Jitsu Kids (5 - 8yrs)	10am - 11am Krav Maga Adults (All Levels)	
	11am - 12pm Kickboxing Adults (All Levels)		11am - 12pm Kickboxing Adults (All Levels)		10:30 - 11:30am Jiu-Jitsu Kids (9 - 14yrs)		11am - 12pm Kickboxing Adults (All Levels)
12- 1:30pm. Jiu-Jitsu Adults (All Levels)		12- 1:30pm Jiu-Jitsu Adults (All Levels)		12- 1:30pm Jiu-Jitsu Adults (All Levels)	11:30 - 12:30pm Kickboxing Adults (All Levels)		12 - 12:30pm Kickboxing Little Panthers (4 - 6 yrs)
					12:30 - 1:15pm Kickboxing Teenagers (12 - 15 yrs) All Levels		
					1:15pm - 2pm Kickboxing Junior Panthers (7-11 yrs) All Levels		
4:30pm - 5:15pm Jiu-Jitsu Kids (5 - 8yrs)		4:30pm - 5pm Kickboxing Little Panthers (4 - 6yrs)	4:30pm - 5:15pm Jiu-Jitsu Kids (5 - 8yrs)	4:30pm - 5pm Kickboxing Little Panthers (4 - 6yrs)			
	5pm - 5:45pm Kickboxing Teenagers (12-15 yrs) Beginners	5pm - 5:45pm Kickboxing Junior Panthers (7-11 yrs) All Levels	5pm - 5:45pm Kickboxing Teenagers (12-15 yrs) All Levels	5pm - 5:45pm Kickboxing Junior Panthers (7-11 yrs) All Levels			
6pm - 7pm Jiu-Jitsu Kids (9 - 14yrs)	5:45pm-6:30pm Kickboxing Teenagers (12-15 yrs) Advanced	6pm - 7pm Kickboxing Adults(All Levels)	6pm - 7pm Jiu-Jitsu Kids (9 - 14yrs)	6pm - 7pm Kickboxing Adults (All Levels)			
		7pm - 8pm Krav Maga Adults (All Levels)	7pm - 8pm Kickboxing Adults (All Levels)	7pm - 8pm Jiu Jitsu Adults (Beginners)			
	7pm - 8pm Kickboxing Adults (All Levels)	7pm - 8pm Jiu-Jitsu Adults (Beginners)	7:30pm - 9pm MMA Adults (All Levels)	7pm - 8pm Kickboxing Adults (Advanced/Sparring)	7pm - 8pm Jiu-Jitsu Adults (Beginners)		
8pm - 9:30pm Jiu-Jitsu Adults (Seniors)		8pm - 9:30pm. Jiu-Jitsu Adults (Seniors)		8pm - 9:30pm. Jiu Jitsu Adults (No Gi)	8pm - 9:30pm. Jiu-Jitsu Adults (Sparring)		

Class Colour Key

Kickboxing Classes for Adults	•	Kickboxing Classes for Children	•	Jiu-jitsu Classes for Adults	•	Jiu-jitsu Classes for Children
Krav Maga Classes for Adults	•	Mixed Martial Arts Classes for Adults				