

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
					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)
4:30 pm – 5:15pm Jiu-Jitsu Kids (5–8 yrs)		4:15pm - 4.45pm Kickboxing Little Panthers (4 - 6yrs)	4:15 pm – 4:45 pm Kickboxing Little Panthers (4–6 years)	4:30pm - 5:15pm Jiu-Jitsu Kids (5 - 8yrs)		
5:15 pm – 6pm Jiu-Jitsu Kids (9–14 yrs)	5pm - 5:45pm Kickboxing Junior Panthers (7 - 11 yrs) All Levels	5pm - 5:45pm Kickboxing Junior Panthers (7 - 11 yrs) All Levels	5pm – 5:45 pm Kickboxing Junior Panthers (7–11 yrs) All Levels	5:15pm - 6pm Jiu-Jitsu Kids (9-14yrs)		
6pm - 6:45pm Kickboxing Teenagers (12-15yrs) All Levels	5:45- 6:30pm Kickboxing Junior Panthers (7-11yrs) All Levels		6pm - 7pm Kickboxing Adults (Beginners)			
7pm - 8pm Kickboxing Adults (Beginners)		6pm - 6:45pm Jiu-jitsu Kids (9-14yrs)				
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		