

GROUP CLASS TIMETABLE (TEMPLE FORTUNE)

PRIVATE CLASSES ALSO AVAILABLE ON REQUEST

Monday		Tuesday	Wednesday	Thursday	Friday	Saturday		Sunday
						9:15 - 10am Jiu-Jitsu Kids (5 - 8yrs)	10 - 11am Krav Maga Adults (All Levels)	
		11am - 12pm Kickboxing Adults (All Levels)		11am - 12pm Kickboxing Adults (All Levels)		10 - 11 am Jiu-Jitsu Kids (9 - 14yrs)	11 - 11:45am Krav Maga Teenagers (12-15yrs)(All Levels)	10 - 11am 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 - 12pm Kickboxing Adults (All Levels)		11 - 11:30am Kickboxing Little Panthers (4 - 6 yrs)
						12 - 12:45pm Kickboxing Teenagers (12-15yrs) All Levels		11:45am - 12:15 Judo Kids (4-6yrs)
						12:45 - 1:30pm Kickboxing Junior Panthers (7-11yrs) All Levels		12:15 - 1pm Judo Kids (7-11yrs)
4:30pm - 5pm Jiu-Jitsu Kids (4-6yrs)		4:30pm - 5pm Kickboxing Little Panthers (4 - 6yrs)	4:30pm - 5pm Jiu-Jitsu Kids (4-6yrs)	4:30pm - 5pm Kickboxing Little Panthers (4 - 6yrs)				1pm - 1:45pm Judo Kids (12-15yrs)
5pm - 5:45pm Jiu-Jitsu Kids (7-10yrs)	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 (11-14yrs)	5:45pm-6:30pm Kickboxing Teenagers (12-15 yrs) Advanced	6pm - 7pm Kickboxing Adults(All Levels)	5pm - 5:45pm Jiu-Jitsu Kids (7-10yrs)	6pm - 7pm Kickboxing Adults (All Levels)				
		7pm - 8pm Krav Maga Adults (All Levels)	6pm - 7pm Jiu-Jitsu Kids (11-14yrs)	7pm-8pm Kickboxing Adults (Purple Belt & above)				
7:30pm-9pm Jiu-jitsu Adults (All Levels)	7pm - 8pm Kickboxing Adults (All Levels)	7:30pm-9pm Jiu-jitsu Adults (All Levels)	7pm - 8pm Kickboxing Adults (All Levels)	7:30pm-9pm Jiu-jitsu Adults (No Gi)	7pm - 8pm MMA Adults (All Levels)			
			7:30pm - 9pm MMA Adults (All Levels)		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
- Judo Classes for Children