



SOME CLASSES REQUIRE MINIMUM NUMBERS TO RUN

MOST CLASSES INVOLVE SOME CONTROLLED CONTACT

Time

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
5.00 pm			<p>BLUE, RED & BLACK BELT CLUB SENIOR GRADE FOCUSED TRAINING</p>  <p>5:00-5:55PM</p>	<p>LITTLE WARRIORS AGES 5-7 YEARS</p>  <p>CLASS PENDING 5:00-5:55PM</p>	<p>SELF DEFENCE JOIN ANY TIME ROTATIONAL FOR BEGINNERS & EXPERIENCED.</p>  <p>5:00-5:55PM</p>				
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6.05 pm			<p>JUNIOR TAE KWON-DO AGES 7-13 YEARS</p>  <p>6:00-6:55PM</p>	<p>TAI CHI TAEKWONDO IDEAL FOR THOSE WHO PREFER SOFT & GENTLE STYLE MOVEMENT.</p>  <p>CLASS PENDING 6:00-6:55PM</p>	<p>JUNIOR TAE KWON-DO AGES 7-13 YEARS</p>  <p>6:00-6:55PM</p>				
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7.05 pm			<p>TAE KWON-DO FOR ADULTS & YOUTH 13 YEARS & UP.</p>  <p>7:00-7:55PM</p>	<p>AEROBIC KICKBOXING FOR LADIES ONLY 13+, DRILLS, EXERCISES, STRETCHING TO MUSIC & SOME SELF DEFENCE.</p>  <p>CLASS PENDING 7:00-7:55PM</p>	<p>TAE KWON-DO FOR ADULTS & YOUTH 13 YEARS & UP.</p>  <p>7:00-7:55PM</p>				
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8.05 pm			<p>KICKBOXING AND TAEKWONDO SPARRING LIGHT & CAREFUL CONTACT ONLY 13 YEARS & UP</p>  <p>CLASS PENDING 8:00-9:00PM</p>	<p>GRAPPLING CLASS GROUND WORK TO GIVE AWARENESS OF SELF DEFENCE IF & WHEN TAKEN TO THE GROUND.</p>  <p>CLASS PENDING 8:00-9:00PM</p>	<p>KICKBOXING AND TAEKWONDO SPARRING LIGHT & CAREFUL CONTACT ONLY 13 YEARS & UP</p>  <p>CLASS PENDING 8:00-9:00PM</p>				
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