

	MON	TUES	WED	THURS	FRI
10.00		LADIES ONLY KICKBOXING			LADIES ONLY KICKBOXING
10.45					
16.00			Little Ninjas	Little Ninjas	
16.15					
16.30		K1 KICKSTART	K2 INTERMEDIATE	K1 KICKSTART	
16.45	Little Ninjas				
17.00		LEADERSHIP		LEADERSHIP	
17.15			DEMO TEAM LEADERSHIP		
17.30	K3 ADVANCED	K2 INTERMEDIATE		K2 INTERMEDIATE	
17.45					
18.00	K1 KICKSTART	K3 ADVANCED	K1 KICKSTART	K3 ADVANCED	
18.15					
18.30	LEADERSHIP		LADIES ONLY KICKBOXING		
18.45		BLACKBELT		BLACKBELT	
19.00	K2 INTERMEDIATE				
19.15					
19.30	LADIES ONLY KICKBOXING		CIT 18.45 - 20.30		
19.45		LEADERSHIP		ADULT KICKSTART	
20.00					
20.15	LADIES ONLY ADVANCED	ADULT KICKSTART			
20.30					
20.45				ADULT LEADERSHIP	
21.00					
21.15		K2 INTERMEDIATE			
21.30					

	SAT
9.30	Little Ninjas
10.00	K1 KICKSTART
10.30	LEADERSHIP
11.00	K2 INTERMEDIATE
11.30	K3 ADVANCED & BLACKBELT
12.15	

	SUN
9.30	
10.00	AIKIDO
10.30	
11.00	

THE POWER OF RESPECT **KLUK**

