

## CLASS SCHEDULE

	Taekwondo			Kickboxing				Skyboxing				Little Ninjas				
	AM Classes			PM Classes												
	9:00 AM	10:00 AM	11:00 AM	12:00 PM	1:00 PM	2:00 PM	3:00 PM	4:00 PM	5:00 PM	6:00 PM	7:00 PM	8:00 PM	9:00 PM	10:00 PM	11:00 PM	12:00 AM
Monday		* SkyBoxing Adult Fitness						* Ninjas 4-6 years	* TKD 6yrs Beginners	* TKD 7-12YRS Beginners	* TKD Adults Beginners		* SkyBoxing Adult Fitness			
Tuesday								TKD Yellow Belt - Green Stripe	* TKD 7-12YRS White- Yellow Stripe	TKD Children Green Belt up	Taekwondo Adults and blackbelts					
Wednesday		* SkyBoxing Adult Fitness						* Ninjas 4-6 years	* Ninjas 4-6 years		* Kickboxing Teen&Adults		* SkyBoxing Adult Fitness			
Thursday								* TKD 7-12YRS White- Yellow Stripe	TKD Yellow Belt - Green Stripe	TKD Children Green belt and up	Taekwondo Adults and blackbelts					
Friday		* SkyBoxing Adult Fitness						TKD Children All levels		* Kickboxing Teens		* SkyBoxing Adult Fitness				
Saturday								* Kickboxing Children								
Sunday																

\* Suitable For beginners - No previous knowledge required