



FIGHTING ARTS FITNESS CENTRE

2016 TIMETABLE

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STYLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WITTLE WAWWIORS (4 to 6 year olds)	4.50 PM (40 MINUTES)		4.50 PM (40 MINUTES)			10.30 AM (1 HOUR)
BEGINNER KYOKUSHIN KARATE	5.00 PM (1 HOUR)		5.00 PM (1 HOUR)		5.00 PM (1 HOUR)	10.30 AM (1 HOUR)
8TH KYU TO 5TH KYU KYOKUSHIN KARATE	5.30 PM (1 HOUR)		5.30 PM (1 HOUR)		5.00 PM (1 HOUR)	10.30 AM (1 HOUR)
KYOKUSHIN KARATE KATA 1st Saturday of each month						11.30 AM (1 HOUR)
JUNIOR NEXGEN MMA		5.00 PM (1 HOUR)		5.00 PM (1 HOUR)		12.00PM (1 HOUR) OPEN MAT
KYOKUSHIN FULL CONTACT FIGHTERS		6.15PM (1 HOUR)			6.15PM (1 HOUR)	

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STYLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PANTHERS KICKBOXING	6.00 PM (1 HOUR)	7.00 PM (1 HOUR)	6.00 PM (1 HOUR)		7.15PM (1 HOUR) FIGHTERS CLASS	11.00 AM (1 HOUR)
BRAZILIAN JIU JITSU	7.15 PM (1 HOUR) BEGINNERS	6.15 PM (1 HOUR) COMPETITION	7.15 PM (1 HOUR) BEGINNERS	6.15 PM (1 HOUR) COMPETITION		12.00PM (1 HOUR) OPEN MAT
ADULT KYOKUSHIN KARATE	7.00 PM (1 ½ HOURS)		7.00 PM (1 ½ HOURS)		7.00 PM (1 HOUR)	11.30 AM (1 HOUR) KATA 1 ST SATURDAY OF THE MONTH
KYOKUSHIN FULL CONTACT FIGHTERS					8.00PM (1 HOUR)	
NEXGEN MMA		8.00 PM (1 HOUR)		8.00 PM (1 HOUR)		12.00PM (1 HOUR) OPEN MAT