



FIGHTING ARTS FITNESS CENTRE

2017 TIMETABLE

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STYLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WITTE 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 11.45 am						1ST Saturday of the month (White, Red and Blue Belts) 3RD Saturday of the month (Yellow belt and above)
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)		6.00 PM (1 HOUR)	6.00 PM (1 HOUR)		11.00 AM (1 HOUR)
BRAZILIAN JIU JITSU BEGINNERS	7.15 PM (1 HOUR)	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)	1ST Saturday of the month (White, Red and Blue Belts) 3RD Saturday of the month (Yellow belt and above)
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
FITNESS AND CONDITIONING		7.00PM (1 HOUR)				