



FIGHTING ARTS FITNESS CENTRE

2018 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 11.45am						1 st Saturday of the month (white, red and blue Belts) 3rd Saturday of the month (Yellow belts and above)
JUNIOR NEXGEN MMA		5.00 PM (1 HOUR)		5.00 PM (1 HOUR)		
KYOKUSHIN FULL CONTACT FIGHTERS					6.15PM (1 HOUR)	
STYLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PANTHERS KICKBOXING	6.00 PM (1 HOUR)	7.00 PM (1 HOUR)	6.00 PM (1 HOUR)	6.00 PM (1 HOUR) FUNDAMENTALS		11.00 AM (1 HOUR)
BRAZILIAN JIU JITSU	7.15 PM (1 HOUR) FUNDAMENTALS	6.30 PM (1 HOUR) COMPETITION	7.15 PM (1 HOUR) FUNDAMENTALS	6.30 PM (1 HOUR) COMPETITION		
ADULT KYOKUSHIN KARATE	7.00 PM (1 ½ HOURS)		7.00 PM (1 ½ HOURS)		7.00 PM (1 HOUR)	KATA CLASS 1 st Saturday of the month (white, red and blue Belts) 3rd Saturday of the month (Yellow belts and above)
KYOKUSHIN FULL CONTACT FIGHTERS					6.00PM (1 HOUR)	
NO GI GRAPPLING		7.30 PM (1 HOUR)		7.30 PM (1 HOUR)		