



FIGHTING ARTS FITNESS CENTRE

2020 CHILDRENS TIMETABLE

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)	5.00 PM (1 HOUR)	5.00 PM (1 HOUR)	10.30 AM (1 HOUR)
9TH KYU TO 8TH KYU KYOKUSHIN KARATE	5.00 PM (1 HOUR)		5.00 PM (1 HOUR)		5.00 PM (1 HOUR)	10.30 AM (1 HOUR)
7TH KYU TO 5TH KYU KYOKUSHIN KARATE	6.00 PM (1 HOUR)		6.00 PM (1 HOUR)		5.00 PM (1 HOUR)	10.30 AM (1 HOUR)
JUNIOR NEXGEN MMA		5.00 PM (1 HOUR)		5.00 PM (1 HOUR)		
BRAZILIAN JIU JITSU						12.00 PM COMPETITION CLASS (Must be in a BJJ Uniform)
KYOKUSHIN FULL CONTACT FIGHTERS					6.15PM (1 HOUR)	

THE FAFC RESERVES THE RIGHT TO CHANGE OR CANCEL CLASSES AS NECESSARY DUE TO DEMAND, EVENTS OR HOLIDAYS



FIGHTING ARTS FITNESS CENTRE

2020 TEENAGE AND ADULT TIMETABLE

STYLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JUNIOR NEXGEN MMA		5.00 PM (1 HOUR)		5.00 PM (1 HOUR)		
PANTHERS KICKBOXING	6.00 PM (1 HOUR)	6.45 PM (1 HOUR)	6.00 PM (1 HOUR)	6.00 PM (1 HOUR) FUNDAMENTALS	6.30 PM (1 HOUR)	11.00 AM (1 HOUR)
MMA		6.15PM (45 MIN)				
BRAZILIAN JIU JITSU	7.15 PM (1 HOUR)		7.15 PM (1 HOUR)	6.30 PM (1 HOUR) OPEN MAT		
ADULT KYOKUSHIN KARATE	7.00 PM (1 ½ HOURS)		7.00 PM (1 ½ HOURS)		7.00 PM (1 HOUR)	
KYOKUSHIN FULL CONTACT FIGHTERS					6.15 PM (1 HOUR)	

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