



FIGHTING ARTS FITNESS CENTRE

2021 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)			
BEGINNER KYOKUSHIN KARATE	5.00 PM (1 HOUR)	5.00 PM (1 HOUR)	5.00 PM (1 HOUR)	5.00 PM (1 HOUR)		
9TH KYU TO 8TH KYU KYOKUSHIN KARATE	5.00 PM (1 HOUR)		5.00 PM (1 HOUR)			
7TH KYU TO 5TH KYU KYOKUSHIN KARATE	6.00 PM (1 HOUR)		6.00 PM (1 HOUR)			
JUNIOR KICKBOXING		4.45 PM (45 MIN)		4.45 PM (45 MIN)		
JUNIOR BRAZILIAN JIU JITSU		5.30 PM (45 MIN)		5.30 PM (45 MIN)		
KYOKUSHIN FULL CONTACT FIGHTERS					6.00PM (1 ½ HOURS)	

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



FIGHTING ARTS FITNESS CENTRE

2021 TEENAGE AND ADULT TIMETABLE

STYLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TEEN NEXGEN MMA		6.15 PM (1 HOUR)		6.15 PM (1 HOUR)		
TEEN PANTHERS KICKBOXING		7.15 PM (1 HOUR)		7.15 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	6.00 PM (1 HOUR)	
BRAZILIAN JIU JITSU	7.15 PM (1 HOUR)		7.15 PM (1 HOUR)			
ADULT KYOKUSHIN KARATE	7.00 PM (1 ½ HOURS)		7.00 PM (1 ½ HOURS)	7.00 PM (1 HOUR)		
KYOKUSHIN FULL CONTACT FIGHTERS					6.00 PM (1 ½ HOURS)	
PANTHERS KICKBOXING				6.30 AM (1 HOUR)		