



# FIGHTING ARTS FITNESS CENTRE

## 2021 CHILDRENS TIMETABLE

STYLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>WITTLE WAWWIORS</b> (4 to 6-year olds)	4.50 PM (40 MINUTES)		4.50 PM (40 MINUTES)			
<b>BEGINNER KYOKUSHIN KARATE</b>	5.00 PM (1 HOUR)	5.00 PM (1 HOUR)	5.00 PM (1 HOUR)	5.00 PM (1 HOUR)		
<b>9<sup>TH</sup> KYU TO 8<sup>TH</sup> KYU KYOKUSHIN KARATE</b>	5.00 PM (1 HOUR)		5.00 PM (1 HOUR)			
<b>7<sup>TH</sup> KYU TO 5<sup>TH</sup> KYU KYOKUSHIN KARATE</b>	6.00 PM (1 HOUR)		6.00 PM (1 HOUR)			
<b>JUNIOR KICKBOXING</b>		4.45 PM (45 MIN)		4.45 PM (45 MIN)		
<b>JUNIOR BRAZILIAN JIU JITSU</b>		5.30 PM (45 MIN)		5.30 PM (45 MIN)		
<b>Kyokushin Kata Class</b>						11.00 AM (1 HOUR)

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 BRAZILIAN JIU JITSU		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)	7.00 PM (1 HOUR)	6.00 PM (1 HOUR)	7.00 PM (1 HOUR)		
BRAZILIAN JIU JITSU	7.15 PM (1 HOUR)		7.15 PM (1 HOUR)			
ADULT KYOKUSHIN KARATE	7.00 PM (1 HOURS)		7.00 PM (1 HOURS)			
KYOKUSHIN KATA CLASS						11.00 AM (1 HOUR)

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