



# FIGHTING ARTS FITNESS CENTRE

## 2022 CHILDRENS TIMETABLE

STYLE	MONDAY	TUESDAY	WEDNESD AY	THURSDAY	FRIDAY	SATURDAY
<b>WITTLE WAWWIORS</b> (4 to 6-year olds)	4.50 PM & (40 MINUTES)		4.50 PM  (40 MINUTES)			11.00 AM (1 HOUR) Kyokushin Kata
<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>10<sup>TH</sup> KYU &amp; 9<sup>TH</sup> KYU KYOKUSHIN KARATE</b>	5.00 PM (1 HOUR)		5.00 PM (1 HOUR)			
<b>8<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)		



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## 2022 TEENAGE AND ADULT

STYLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>TEEN BRAZILIAN JIU JITSU</b>		6.15 PM (1 HOUR)		6.15 PM (1 HOUR)		
<b>TEEN PANTHERS KICKBOXING</b>		7.15 PM (1 HOUR)		7.15 PM (1 HOUR)		
<b>PANTHERS KICKBOXING</b>	6.00 PM (1 HOUR)	7.00 PM (1 HOUR)	6.00 PM (1 HOUR)	6.00 PM (1 HOUR)		
<b>BRAZILIAN JIU JITSU</b>	7.15 PM (1 HOUR)		7.15 PM (1 HOUR)			
<b>ADULT KYOKUSHIN KARATE</b>	7.00 PM (1 ½ HOURS)		7.00 PM (1 ½ HOURS)	7.00 PM (1 HOUR)		11.00 AM (1 HOUR) Kyokushin Kata