



FIGHTING ARTS FITNESS CENTRE

2022 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)			10.00 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)		10.00 AM (1 Hour)
10TH KYU & 9TH KYU KYOKUSHIN KARATE	5.00 PM (1 HOUR)		5.00 PM (1 HOUR)			10.00 AM (1 Hour)
8TH KYU TO 5TH KYU KYOKUSHIN KARATE	6.00 PM (1 HOUR)		6.00 PM (1 HOUR)			10.00 AM (1 Hour)
JUNIOR KYOKUSHIN KARATE KATA						11.00 AM (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)		



FIGHTING ARTS FITNESS CENTRE

2022 TEENAGE AND ADULT

STYLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TEEN BRAZILIAN JIU JITSU		6.15 PM (45 MIN)		6.15 PM (45 MIN)		
TEEN PANTHERS KICKBOXING		7.00 PM (1 HOUR)		7.00 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)	6.15 PM OPEN MAT (45 MIN)	7.15 PM (1 HOUR)	6.15 PM OPEN MAT (45 MIN)		
ADULT KYOKUSHIN KARATE	7.00 PM (1 ½ HOURS)		7.00 PM (1½ HOURS)	7.00 PM (1 HOUR)		11.00 AM (1 HOUR) Kyokushin Kata