



FIGHTING ARTS FITNESS CENTRE

2023 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)		
10TH KYU & 9TH KYU KYOKUSHIN KARATE (Red belts)	5.00 PM (1 HOUR)	5.00 PM (1 HOUR)	5.00 PM (1 HOUR)	5.00 PM (1 HOUR)		
8TH KYU TO 7TH KYU KYOKUSHIN KARATE (Blue belts)	6.00 PM (1 HOUR)	5.00 PM (1 HOUR)	6.00 PM (1 HOUR)	5.00 PM (1 HOUR)		
6TH KYU TO 5TH KYU KYOKUSHIN KARATE (Yellow belts)	6.00 PM (1 HOUR)	5.00 PM (1 HOUR)	6.00 PM (1 HOUR)	6.00 PM (1 HOUR)		
JUNIOR KYOKUSHIN KARATE KATA All belt levels						11.00 AM (1 HOUR)
JUNIOR KICKBOXING		4.30 PM (45 MIN)		4.30 PM (45 MIN)		
JUNIOR BRAZILIAN JIU JITSU		5.30 pm (45 MIN)		5.30 pm (45 MIN)		
JUNIOR BRAZILIAN JIU JITSU OPEN MAT		6.15 PM (45 MIN)		6.15 PM (45 MIN)		

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



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2023 TEENAGE AND ADULT

STYLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TEEN BRAZILIAN JIU JITSU (Open mat)	7.15 PM (1 HOUR)	6.15 PM (45 MIN)	7.15 PM (1 HOUR)	6.15 PM (45 MIN)		
TEEN PANTHERS KICKBOXING	6.00 PM (1 HOUR)	7.00 PM (1 HOUR)	6.00 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)	6.00 PM (1 HOUR)		11.00 AM (1 HOUR) Kyokushin Kata