



## 2024 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)			10.00 AM (1 HOUR)
<b>BEGINNER KYOKUSHIN KARATE</b> (White and red belts)	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)
<b>8<sup>TH</sup> KYU TO 7<sup>TH</sup> KYU KYOKUSHIN KARATE</b> (Blue and Yellow belts)	6.00 PM (1 HOUR)	5.00 PM (1 HOUR)	6.00 PM (1 HOUR)	5.00 PM (1 HOUR)		10.00 AM (1 HOUR)
<b>JUNIOR KYOKUSHIN KARATE KATA</b> All belt levels						11.00 AM (1 HOUR)
<b>JUNIOR KICKBOXING</b>		4.30 PM (45 MIN)		4.30 PM (45 MIN)		
<b>JUNIOR BRAZILIAN JIU JITSU</b>		5.30 PM (45 MIN)		5.30 PM (45 MIN)		

## 2024 TEENAGE AND ADULT

STYLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>PANTHERS KICKBOXING</b>	6.00 PM (1 HOUR)	7.15 PM (1 HOUR)	6.00 PM (1 HOUR)	7.15 PM (1 HOUR)		
<b>BRAZILIAN JIU JITSU</b>	7.15 PM (1 HOUR)		7.15 PM (1 HOUR)			
<b>BRAZILIAN JIU JITSU OPEN MAT</b> (MMA, GI AND NO GI)		6.15 PM OPEN MAT		6.15 PM OPEN MAT		
<b>ADULT KYOKUSHIN KARATE</b>	7.00 PM (1 ½ HOURS)		7.00 PM (1½ HOURS)	6.30 PM (1 HOUR)		11.00 AM (1 HOUR)  Kyokushin Kata

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