



2025 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 (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)
8TH KYU TO 5TH KYU KYOKUSHIN KARATE (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)
KYOKUSHIN KARATE FIGHTERS CLASS				7.30 PM Invite Only (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)		

2025 TEENAGE AND ADULT

STYLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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)			
BRAZILIAN JIU JITSU OPEN MAT (MMA, GI AND NO GI)		6.15 PM OPEN MAT		6.15 PM OPEN MAT		
ADULT KYOKUSHIN KARATE	7.00 PM (1 ½ HOURS)		7.00 PM (1 ½ HOURS)	6.30 PM (1 HOUR)		11.00 AM (1 HOUR) Kyokushin Kata
KYOKUSHIN KARATE FIGHTERS CLASS				7.30 PM Invite Only (1 HOUR)		