

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
KARATE Intermediate 5-6pm		KARATE Intermediate 5-6pm			HIIT CIRCUIT Adult 8-9am
KARATE Adult 6-7pm	BOXING Adult 7-8pm	KARATE Adult 6-7pm	BOXING Adult 7-8pm	SPECIALISED Adult TBA	WEAPONS Adult 9-10am