

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Beginner (4-7yrs) 4-5pm	Beginner (4-7yrs) 4-5pm	Beginner (4-7yrs) 4-5pm	Beginner (4-7yrs) 4-5pm	Circuit Fitness 9-10am	Circuit Fitness 8-9am
Beginner (8-10yrs) 5-6pm	Junior Green-Red 5-6pm	Beginner (8-10yrs) 5-6pm	Junior Green-Red 5-6pm		Adult Weapons 9-10am
Beginner (11yrs+) 6-7pm	Boxing Fitness 6-7pm	Beginner (11yrs+) 6-7pm	Boxing Fitness 6-7pm		
Adult Green-Red 7-8pm	Adult Blue-Black 7-8pm	Adult Green-Red 7-8pm	Adult Blue-Black 7-8pm		