



Junior Class Timetable

Mon

Gym Tots
(Parent & Toddler)
9.30 - 10.15am

Gymnastics
Age 3-4
2.00 - 3.00pm

Gymnastics
Age 5-8
3.45 - 4.45pm

Gymnastics
Age 7-10
4.45 - 5.45pm

Judo
Age 4-7 (Beg)
3.45 - 4.30pm

Judo
Age 8-12 (Beg)
4.30 - 5.15pm

Judo
Over 12s
5.15 - 6.00pm

Karate
Age 5-16 (All)
6.00 - 6.45pm

Tues

Gymnastics
Age 5-8
3.30 - 4.30pm

Gymnastics
Age 7-10
4.30 - 5.30pm

Karate
Over 5s (Beg)
3.45 - 4.30pm

Karate
Age 10-16 (Beg)
5.15 - 6.00pm

Wed

Gym Tots
(Parent & Toddler)
9.30 - 10.15am

Gymnastics
Age 5-8
3.45 - 4.45pm

Gymnastics
Age 7-10
4.45 - 5.45pm

Karate
Age 5-16 (Beg)
6.00 - 7.00pm

Karate
Age 5-16 (Adv)
7.00 - 8.30pm

Thur

Judo
Age 4-7 (Beg)
3.45 - 4.30pm

Judo
Age 8-12 (Beg)
4.30 - 5.15pm

Judo
Over 12s (Beg)
5.15 - 6.00pm

Karate
Age 5-16 (All)
6.00 - 6.45pm

Fri

Gym Tots
(Parent & Toddler)
9.30 - 10.15am

Karate
Age 5-16 (All)
7.00 - 8.00pm

Sat

Family BoxFit
All Ages
9.00-10.00am

Judo
Under 7s
1.30 - 2.15pm

Judo
Age 7-12
2.15 - 3.00pm

Judo
Over 12s
3.00 - 3.45pm



Adult Class Timetable

Mon

Boxfit
Age 16+
7.00 - 8.00pm

Tues

Karate
Age 16+ (Beg)
7.30 - 8.30pm

Karate
Age 16+ (Adv)
8.30 - 9.30pm

Wed

Ju-Jitsu
Age 16+ (Beg)
7.00 - 8.00pm

Karate
Age 16+ (Beg)
8.00 - 9.00pm

Thur

Bootcamp
Age 16+
9.30-10.15am

Boxfit
Age 16+
7.00 - 8.00pm

Karate Kata
Age 16+
8.00 - 9.30pm

Fri

Karate
All Ages
(Beg-Adv)
7.00 - 8.00pm

Sat

Family Boxfit
9.00 - 10.00am

Tai - Chi
Age 16+
10.00 - 11.00am

Sun

Bootcamp
Age 16+
9.30-10.15am