THE MARTIAL ARTS ACADEMY

CLASS TIMETABLE

MON			**Kids Muay Thai 7-11yrs** 3:45pm	**Youth Muay Thai 12-17yrs** 4:45pm	**Adult & Teen Muay Thai** 5:45pm
TUE		**Lunch Time Kick Boxing** 12:10pm	**Kids Taekwon-Do 7-11yrs** 3:45pm	**Elite MMA** 4:45pm	**Teen & Adult Taekwon-Do** 5:45pm
WED			**Kids Muay Thai 7-11yrs** 3:45pm	**Youth Muay Thai 12-17yrs** 4:45pm	**Adult & Teen Muay Thai** 5:45pm
THUR		**Lunch Time Kick Boxing** 12:10pm	**Kids Taekwon-Do 7-11yrs** 3:45pm	**Elite MMA** 4:45pm	**Teen & Adult Taekwon-Do** 5:45pm
FRI			**Kids Muay Thai 7-11yrs** 3:45pm	**Youth Muay Thai 12-17yrs** 4:45pm	**Adult & Teen Muay Thai** 5:45pm
SAT	**Taekwon-Do Seniors Open Mat** 08:30am	**Squad Training** 11:00am			

1 on 1 COACHING AVAILABLE ASK AT RECEPTION