

TIMETABLE

MON

Ladies Only - 7.15pm

TUES

Tots Team - 3.30pm

Mini Team - 4pm

Kids Kickstarters - 5pm

Kids Ninja Team - 6pm

Adults Advanced - 7pm

WED

Kids Class - 5pm

Adults Wrestling - 6pm

Adults Beginners - 7pm

THURS

Mini Team - 4pm

Kids Kickstarters - 5pm

Kids Ninja Team - 6pm

Adults Advanced - 7pm

Ladies Only - 8.15pm

FRI

Mini Team - 4pm

Kids Kickstarters - 5pm

Kids Ninja Team - 6pm

Adults Beginners - 7pm

Grappling - 8pm

SAT

Mini Team - 10am

Mini Ninjas - 11am

Kids Kickstarters - 12pm

Teens & Adults - 1pm

SUN

Mini Ninjas - 11am

Kids Ninja Team - 12pm

Teens Youth Club - 1pm

DURATION

Mini Classes - 40 Mins

Kids Classes - 50 Mins

Adults Classes - 60 Mins