

MONDAY

**7.15 - 8pm
Ladies Only**

TUESDAY

**4.15 - 4.45pm
Mini Team**

**5 - 5.45pm
Kids Kickstarters**

**6 - 6.45pm
Ninja Team**

**7 - 8pm
Adults Pads & Bags**

WEDNESDAY

**7 - 8pm
Adults
Basics**

THURSDAY

**4.15 - 4.45pm
Mini Team**

**5 - 5.45pm
Kids Kidstarters**

**6 - 6.45pm
Ninja Team**

**7 - 8pm
Adults Pads & Bag**

**8.15 - 9pm
Ladies Only**

FRIDAY

**4.15 - 4.45pm
Mini Ninjas**

**5 - 5.45pm
Kids Kickstarters**

**6 - 6.45pm
Ninjas Sparring**

**7 - 8pm
Adults Basics**

SATURDAY

**10 - 10.45am
Mini Team**

**11 - 11.45am
Mini Ninjas**

**12 - 12.45am
Kids Kickstarters**

**1 - 2pm
Adults Pads & Bags**

SUNDAY

**11 - 11.45am
Mini Ninjas**

**12 - 12.45am
Ninja Team**

2024 TIMETABLE

All Levels & Beginners

Is Black

Advanced Classes

Are Red