

WEEKDAY CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00AM	LITTLE CHEETAHS (30 MINS)		LITTLE CHEETAHS (30 MINS)		LITTLE CHEETAHS (30 MINS)
4:00PM	LITTLE CHEETAHS (30 MINS)	LITTLE CHEETAHS (30 MINS)	LITTLE CHEETAHS (30 MINS)	LITTLE CHEETAHS (30 MINS)	LITTLE CHEETAHS (30 MINS)
4:30PM	KIDS BEGINNERS TKD (45 MINS)	KIDS INTERMEDIATE TKD (45 MINS)	KIDS BEGINNERS TKD (45 MINS)	KIDS INTERMEDIATE TKD (45 MINS)	
	KIDS BJJ (45 MINS) 5 - 8 YRS	UFIT (40 MINS)	KIDS BJJ (45 MINS) 5 - 8 YRS		
4:45PM					KIDS ALL BELTS (45 MINS)
					KIDS BJJ ALL AGES 5-13 YRS (45 MINS)
5:15PM	KIDS INTERMEDIATE TKD (45 MINS)	KIDS BEGINNERS TKD (45 MINS)	KIDS INTERMEDIATE TKD (45 MINS)	KIDS BEGINNERS TKD (45 MINS)	
	KIDS BJJ (45 MINS) 9 - 13 YRS		KIDS BJJ (45 MINS) 9 - 13 YRS		
5:30PM					KIDS WEAPONS (30 MINS)
					ADULTS BJJ (1 HOUR)
6:00PM	KIDS WEAPONS (30 MINS)	LITTLE CHEETAHS (30 MINS)	KIDS WEAPONS (30 MINS)	LITTLE CHEETAHS (30 MINS)	PRODIGY PROGRAM (1 HOUR)
	ADULTS BJJ (1 HOUR)	ADULTS BOXING (45 MINS)	ADULTS BJJ (1 HOUR)	ADULTS BOXING (45 MINS)	
6:30PM	PRODIGY PROGRAM (1 HOUR)	JNR & SNR SPARRING CLUB (2 HOURS)	PRODIGY PROGRAM (1 HOUR)	SENIOR SPARRING CLUB (2 HOURS)	ADULTS BOXING & FIGHT TEAM (1.5 HOURS)
	ADULTS BOXING & FIGHT TEAM (1.5 HOURS)	KIDS ALL BELTS (45 MINS)	ADULTS BOXING & FIGHT TEAM (1.5 HOURS)	KIDS ALL BELTS (45 MINS)	
6:45PM		ADULTS KICK BOXING (45 MINS)		ADULTS KICK BOXING (45 MINS)	
7:00PM	ADULTS WEAPONS (30 MINS)		ADULTS WEAPONS (30 MINS)		JNR & SNR SPARRING CLUB (1.5 HOURS)
7:30PM	ADULTS TAEKWONDO (1 HOUR)		ADULTS TAEKWONDO (1 HOUR)		
	ADULTS MMA (1 HOUR)		ADULTS MMA (1 HOUR)		

SATURDAY CLASSES

TIME	SATURDAY
7:30AM	JUNIOR AND SENIOR SPARRING CLUB (1.5 HOURS)
9:00AM	UFIT (40 MINS)
10:00AM	LITTLE CHEETAHS (30 MINS)
	ADULTS KICK BOXING (45 MINS)
10:45AM	KIDS ALL BELTS (45 MINS)
11:30AM	KIDS WEAPONS (30 MINS)
12:00PM	LITTLE CHEETAHS (30 MINS)

SUNDAY CLASSES

TIME	SUNDAY
9:00AM	LITTLE CHEETAHS (30 MINS)
9:30AM	KIDS ALL BELTS (45 MINS)
10:15AM	FAMILY CLASS (45 MINS)
11:00AM	UFIT (40 MINS)

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