

Black Belt Plus / My Fitness Kickboxing TIMETABLE

Effective September 2018

Contact us - 55220755

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Monday (A)		Tuesday (A)		Wednesday (B)		Thursday (B)			Friday	Saturday (A+B)	
		My Fitness Kickboxing 9.30 -10.30	Prep Little Ninjas 10:30 -11.00am			My Fitness Kickboxing	9.30 - 10.30am	My Fitness Kickboxing 9.30 - 10.30	My Fitness Kickboxing 8:00 - 9:00am		
		Prep Little Ninjas 11:00 - 11:30am (3-4 yrs.)								Prep Little Ninjas 8.30 - 9.00 (3-4 yrs.)	
		Prep Little Ninjas 3.15 - 3.45 pm (3-4 yrs.)				Prep Little Ninjas 3.15 - 3.45 pm (3-4 yrs.)				Prep Little Ninjas 9.00 - 9.30 (3-4 yrs.)	
Little Ninjas (5-6 yrs.)	3.30 - 4.15	Little Ninjas (5-6 yrs.)	3.45 - 4.30	Little Ninjas (5-6 yrs.)	3.30 - 4.15	Little Ninjas (5-6 yrs.)	3.45 - 4.30			Little Ninjas (5-6 yrs.)	9.30 - 10.15
Level 1 Green to Blue/Black (7 yrs +)	4.15 - 5.00	Basics White & Yellow (7 yrs +)	4.30 - 5.15	Level 1 Green to Blue/Black (7 yrs +)	4.15 - 5.00	Basics White & Yellow (7 yrs +)	4.30 - 5.15			Basics White & Yellow (7 yrs +)	10.15 - 11.00
L/Ship 5.00 -5.30	SWAT 5.00 -5.30	Levels 1 + 2 Green to Red/Black (7+ yrs) 5.15 - 6.00		Leadership 5.00 - 5.30		Levels 1 Green to Blue/Black (7+ yrs) 5.15 - 6.00				Levels 1 - BB Green to Prep Black 11.00 - 12.00	
Levels 2 + 3 Red to Prep Black (7 yrs +)	5.30 - 6.15	My Fitness Kickboxing 6.00 - 7.00	L/Ship 6.00 - 6.30	Levels 2 + 3 Red to Prep Black (7+ yrs)	5.30 - 6.15	My Fitness Kickboxing 6.00 - 7.00	L/Ship 6.00 - 6.30	Inst. Training 6:00		Leadership 12.00 - 12.30	
My Fitness Kickboxing 6.15 -7.15	Basics White &Yellow (7 yrs +) 6.15 - 7.00	Teens & Adults All belt levels White to Black (13 yrs +) 7.00 - 8.00		My Fitness Kickboxing 6.15 - 7.15	Basics White &Yellow (7 yrs +) 6.15 - 7.00	Teens & Adults All belt levels White to Black (13 yrs +) 7.00 - 8.00				Graduation Wk 4 ea. mth 7 yrs + 2.30 - 3.30 pm	

Office Hours

Mon. 12.00 pm to 6.30pm
 Tue. 12.00 pm to 6.30pm
 Wed. 12.00 pm to 6.30pm
 Thurs. 12.00 pm to 6.30pm
 Fri. Closed
 Sat. 8.00 am to 12.30pm

Private Lessons

Just \$25 for 20 mins
 *see reception for times and bookings

Birthday Party bookings
 2.00 - 3.30 pm