

Black Belt Plus / My Fitness Kickboxing TIMETABLE

Effective February 2019

Contact us - 55220755

info@blackbeltplus.com.au

mfkburleigh@gmail.com

Monday (A)		Tuesday (A)		Wednesday (B)		Thursday (B)			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 8:00 - 9:00am				
		Prep Little Ninjas 11:00 - 11:30am (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	Prep Little Ninjas (3-4 yrs.)	3.45 - 4.15 pm	Little Ninjas (5-6 yrs.)	9.30 - 10.15		
Level 1 (7 yrs +)	4.15 - 5.00 Green to Blue/Black	Basics (7 yrs +)	4.30 - 5.15 White & Yellow	Level 1 (7 yrs +)	4.15 - 5.00 Green to Blue/Black	Basics (7yrs+)	4.15 - 5.00 White & Yellow	Basics (7 yrs +)	4.30 - 5.15 White & Yellow	Basics (7 yrs +)	10.15 - 11.00 White & Yellow		
L/Ship	5.00 -5.30	SWAT	5.00 -5.30 1st / 3rd	Levels 1 + 2	5.15 - 6.00 Green to Red/Black (7+ yrs)	Leadership	5.00 - 5.30		Levels 1	5.15 - 6.00 Green to Blue/Black (7+ yrs)	Leadership	11:00- 11.30	
Levels 2 + 3 (7 yrs +)	5.30 - 6.15 Red to Prep Black	My Fitness Kickboxing	6.00 - 7.00	L/Ship	6.00 - 6.30	Levels 2 + 3 (7+ yrs)	5.30 - 6.15 Red to Prep Black	My Fitness Kickboxing	6.00 - 7.00	L/Ship	6.00 - 6.30	Inst. Training	6:00 1st / 3rd
My Fitness Kickboxing	6.15 -7.15	Basics (7yrs+)	6.15 - 7.00 White & Yellow	Teens & Adults	7.00 - 8.00 All belt levels White to Black (13 yrs +)	My Fitness Kickboxing	6.15 - 7.15	Competition Class	6.15 - 7.00	Teens & Adults	7.00 - 8.00 All belt levels White to Black (13 yrs +)	Graduation 2.30 - 3.30 pm Wk 4 ea. mth 7 yrs +	
		Black Belt (13 yrs +)	8.00 - 8.00			Black Belt (13 yrs +)	8.00 - 8.00				Birthday Party bookings 2.00 - 3.30 pm		
Office Hours Mon. - 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	