



Midweek Time Table Mid-Week Time Table		
Class Start Time	Monday	Wednesday
4:30 PM	Minor 1	Minor 1
5:10 PM	Minor 2	Minor 2
5:50 PM	Cadet	Cadet
6:35 PM	Red Cadet	Red Cadet
7:20 PM	Team Energy	Team Energy
8:10 PM	Team Group Fitness	Team Group Fitness

Mid-Week Time Table			
Class Start Time	TUESDAY	Class Start Time	THURSDAY
4:00 PM	Little Dragons 3-4 year	4:30 PM	Minor 1
4.30 PM	Little Dragons 4-5.5 year	5.10 PM	Minor 2
5:00 PM	Minor 1	5:50 PM	Red Cadet
5:40 PM	Minor 2	6.35 PM	Junior Fight Class Athlete Program
6:20 PM	Cadet	7:20 PM	Teen
7:05 PM	Teen	8:15 PM	Adult



7:55 PM	Adult		
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**Friday Time Table - Senior Fight Class Athlete Program 6pm**

Saturday Time Table										
Class Start Time	7.30am	8.30am	10.00am	10.30am	11.00am	11.40am	12.20pm	1.05pm	1.55pm	2.45PM
Class	Team Group Fitness	Senior Fight Class Athlete Program	Little Dragons 3-4 year old	Little Dragons 4-5.5 year old	Minor 1	Minor 2	Minor 2/Cadet	Cadet	Red Cadet	Black Belt Preparation

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