

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	4 – 4.30pm Kicking Dragons (4–7 yrs) All Belts	4 – 4.30pm Kicking Dragons (4–7 yrs) All Belts	4 – 4.30pm Kicking Dragons (4–7 yrs) All Belts	4 – 4.30pm Kicking Dragons (4–7 yrs) All Belts	7.45 – 8.30am Muay Thai Fit Teens and Adult	Enquire for Time Kinder Kicks JUMPING JOEYS (2.5 – 3 yrs) (Booking required)
4.30 – 5.15pm	4.30 – 5.15pm	4.30 – 5.15pm	4.30 – 5.15pm	4.30 – 5.15pm	9 – 9.30am	Enquire for Time Kinder Kicks LEADERSHIP LION (3 – 4 yrs) (Booking Required)
Taekwondo Children White, Yellow & Green Belts	Taekwondo Children White, Yellow & Green Belts	Taekwondo Children White, Yellow & Green Belts	Taekwondo Children White, Yellow & Green Belts	Taekwondo Children White, Yellow & Green Belts	Kicking Dragons (4–7 yrs) White Belts	
5.15 – 6pm	5.15 – 6pm	5.15 – 6pm	5.15 – 6pm	5.15 – 6.15pm	9.30 – 10am	
Taekwondo Children Green, Blue & Brown Belts	Taekwondo Children Green, Blue & Brown Belts	Taekwondo Children Green, Blue & Brown Belts	Taekwondo Children Green, Blue & Brown Belts	Muay Thai MIXED CLASS Kids, Teens and Adult	Kicking Dragons (4–7 yrs) Orange & Purple Belts	
6 – 7pm	6 – 6.45pm	6 – 7pm	6 – 6.45pm		10 – 10.30am	
Taekwondo Teens and Adults	Taekwondo Children Brown & Red Belts	Taekwondo Teens and Adults	Taekwondo Children Brown & Red Belts		Kicking Dragons (4–7 yrs) All Belts	
7 – 8pm	6.45 – 7.30pm	7 – 8pm	6.45 – 7.30pm		10.30 – 11.15am	
Muay Thai Teens and Adults	Taekwondo Children Probationary and Junior Black Belts	Muay Thai Teens and Adults	Taekwondo Children Probationary and Junior Black Belts		Taekwondo Children White, Yellow & Green Belts	
8 – 9pm	7.30 – 8.30pm	8 – 9pm	7.30 – 8.30pm		11.15 – 12pm	
Kenpo: Self Defence Teens and Adults	Taekwondo Adults Red 3 & Black	Kenpo: Self Defence Teens and Adults	Taekwondo Adults Red 3 & Black		Taekwondo Children Green, Blue & Brown Belts	
					12 – 12.45pm	
					Taekwondo Children Brown & Red Belts	
					12.45 – 1.30pm	
					Taekwondo Children Red, Probationary & Junior Black Belts	

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