



WESTSIDE **KICKBOXING**



AGE	CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
KIDS 4-7YR	LITTLE DRAGONS		3.45PM - 4.15PM		3.45PM - 4.15PM		
KIDS 7-12YR	KIDS KICKBOXING	4.30PM - 5.15PM	4.30PM - 5.15PM	4.30PM - 5.15PM	4.30PM - 5.15PM		10.15AM - 11.00AM
	SPARRING		5.15PM - 5.45PM		5.15PM - 5.45PM		
TEENS 12-16YR	TEENS MUAYTHAI		4.30PM - 5.15PM		4.30PM - 5.15PM		
	SPARRING		5.15PM - 5.45PM		5.15PM - 5.45PM		
ADULTS (13 +)	MORNING CLASS	9.30AM - 10.30AM		9.30AM - 10.30AM		9.30AM - 10.30AM	9.00AM - 10.00AM
	BOXING 45		5.15PM - 6.00PM		5.15PM - 6.00PM		
	SPARRING	5.45PM - 6.30PM	6.00PM - 6.30PM	5.45PM - 6.30PM	6.00PM - 6.30PM		
	GENERAL MUAYTHAI	6.30PM - 7.30PM	6.30PM - 7.30PM	6.30PM - 7.30PM	6.30PM - 7.30PM		
	LADIES ONLY		7.30PM - 8.30PM		7.30PM - 8.30PM		
	BEGINNERS	7.30PM - 8.30PM		7.30PM - 8.30PM			

CLASS TIMETABLE

WWW.WESTSIDEKICKBOXING.COM.AU

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