

WESTSIDE

KICKBOXING

TIMETABLE

AGE	CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
KIDS 4-7YR	LITTLE DRAGONS		4.00PM - 4.30PM		4.00PM - 4.30PM		
KIDS 7-12YR	KIDS KICKBOXING	4.30PM - 5.15PM	4.30PM - 5.15PM	4.30PM - 5.15PM	4.30PM - 5.15PM		10.30AM - 11.15
	SPARRING		4.30PM - 5.00PM		4.30PM - 5.00PM		
TEENS 12-16YR	TEENS MUAYTHAI		4.30PM - 5.15PM		4.30PM - 5.15PM		
ADULTS 13 +	MORNING CLASS	9.30AM - 10.30AM		9.30AM - 10.30AM		9.30AM - 10.30AM	9.30AM - 10.30
	SPARRING	5.30PM - 6.00PM	5.30PM - 6.00PM	5.30PM - 6.00PM	5.30PM - 6.00PM		
	MUAY THAI	6.00PM - 7.00PM	6.00PM - 7.00PM	6.00PM - 7.00PM	6.00PM - 7.00PM		
	BEGINNERS	7.00PM - 8.00PM		7.00PM - 8.00PM			
	LADIES ONLY		7.00PM - 8.00PM		7.00PM - 8.00PM		
	FIGHTER TRAINING	7.00PM - 8.30PM			7.00PM - 8.30PM	OPEN GYM 6.00PM - 7.30PM	

IT'S A BETTER LIFE!