

Morning Class Schedules

Kickbox fitness , Taikiken and Self-defence Class

Monday	7.00 to 8.00 am	Kickbox Fitness Class
	9.15 to 10.15 am	Kickbox Fitness Class
	10.30 to 11.30 am	Self-defence Class
Tuesday	9.30 to 10.30 am	Taikiken Class
Wednesday	7.00 to 8.00 am	Kickbox fitness Class
	9.15 to 10.15 am	Kickbox fitness Class
	10.30 to 11.30 am	Self-defence Class
Thursday	9.30 to 10.30 am	Taikiken Class
Friday	7.00 to 8.00 am	Kickbox fitness Class
	9.15 to 10.15 am	Kickbox fitness Class