

jnr TIMETABLE

| MON | TUES | WED | THURS | FRI | SAT | |
|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------------------|-------------|------------------------|
| | | | | 7-7:45AM JNR S&C (10-13 yrs) | 8:30-9:10am | Jnr No-Gi (5-13yrs) |
| | | | | | 9:15-10am | JNR S&C (10-13 yrs) |
| 3:30-4:10PM Jnr No-Gi (5-13yrs) | 3:30-4:10PM Jnr No-Gi (5-13yrs) | 3:30-4:10PM Jnr No-Gi (5-13yrs) | 3:30-4:10PM Jnr No-Gi (5-13yrs) | 3:30-4:30PM JUNIOR COMP CLASS (INVITE ONLY) | 10:-10:45am | Jnr MMA (5-13yrs) |
| 4:15-5PM Jnr MMA (5-13yrs) | 4:15-5PM JNR S&C (10-13 yrs) | 4:15-5PM Jnr MMA (5-13yrs) | 4:15-5PM JNR S&C (10-13 yrs) | | | |

Reception Hours

Open during Class Times

Mon-Fri: 3:15-7:30pm

Saturday: 7:15am-11am

All other times by appointment only

SCAN ME



FREE 7 DAY TRIAL

