

PANTHERS MARTIAL ARTS ACADEMY

Time Table – 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Lil'Panthers</u> KICKBOXING Age 3 – 7	5.00pm / 5.50pm			4.00pm / 4.50pm	
<u>Juniors</u> KICKBOXING K1- MUAY THAI TOTAL COMBAT Age 7 – 16		5.00pm / 6.00pm		5.00pm / 6.00pm	
<u>Juniors</u> JAPANESE JU JITSU MIXED MARTIAL ARTS Age 7 – 16			5.00pm / 6.00pm		5.00pm / 6.30pm
<u>Adults</u> KICKBOXING K1- MUAY THAI TOTAL COMBAT Age 16+		6.00pm / 7.15pm		6.00pm / 7.15pm	
<u>Adults</u> JAPANESE JU JITSU MIXED MARTIAL ARTS Age 16+		7.15pm / 9.00pm		7.15pm / 9.00pm	
<u>Adults</u> Japanese KENJUTSU (Katana Combat) & BOJUTSU (Bo Staff Combat) Age 16+					6.45pm / 8.15pm
<u>BodyMax</u> Fitness Age 16+	6.30pm / 7.30pm		6.30pm / 7.30pm		