

PANTHERS MARTIAL ARTS ACADEMY

Time Table – 2019

What Martial Arts – What day - What time						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lil'Panthers Kickboxing Age 3 – 7	5.00pm / 5.50pm		4.00pm / 4.50pm	4.00pm / 4.50pm		
Juniors Kickboxing Age 7 - 16		5.00pm / 6.00pm		5.00pm / 6.00pm		
Juniors Classical Ju Jutsu Age 7 - 16			5.00pm / 6.00pm		5.00pm / 6.00pm	
Juniors MMA Age 7 - 16					6.00pm / 7.00pm	
Adults K1 Kickboxing Age 16+		6.00pm / 7.00pm		6.00pm / 7.00pm		
Adults Classical Ju Jutsu Age 16+		7.00pm / 8.15pm		7.00pm / 8.15pm		
Adults MMA Age 16+		8.15pm / 9.30pm		8.15pm / 9.30pm		
Adults Kenjutsu/Bojutsu Age 16+					7.00pm / 8.30pm	
Adults Squad Training Kick-boxing & MMA <small>First Monday of each month</small>	7.45pm / 9.30pm					
BodyMax Fitness Age 16+	6.30pm / 7.30pm		9.30am / 10.30am ----- 6.30pm / 7.30pm		9.30am / 10.30am	9.30am / 10.30am

