

PANTHERS MARTIAL ARTS ACADEMY

Time Table – NOVEMBER'2024

	Monday	Tuesday	Wednesday	Thursday	Friday
Lil'Panthers KICKBOXING Age 3 – 7	5.00pm / 5.50pm			4.00pm / 4.50pm	
Juniors KICKBOXING Age 7 – 16		5.00pm / 6.00pm		5.00pm / 6.00pm	
Juniors JAPANESE JU JUTSU & MIXED MARTIAL ARTS Age 7 – 16			5.00pm / 6.00pm		5.00pm / 6.45pm
Adults K1 KICKBOXING Age 16+		6.00pm / 7.15pm		6.00pm / 7.15pm	
Adults JAPANESE JU JUTSU & MIXED MARTIAL ARTS Age 16+		7.15pm / 9.00pm		7.15pm / 9.00pm	
Adults Classical Japanese KENJUTSU & BOJUTSU Age 16+					7.00pm / 8.30pm
BodyMax Fitness Age 16+	6.30pm / 7.30pm		9.30am / 10.30am ----- 6.30pm / 7.30pm		9.30am / 10.30am