PANTHERS MARTIAL ARTS ACADEMY

Time Table – 2026/2027

	Lil'Panthers KICKBOXING Age 3 – 7	Juniors KICKBOXING K1- MUAY THAI TOTAL COMBAT Age 7 – 16	Juniors JAPANESE JU JUTSU MIXED MARTIAL ARTS Age 7 – 16	Adults KICKBOXING K1- MUAY THAI TOTAL COMBAT Age 16+	Adults JAPANESE JU JUTSU MIXED MARTIAL ARTS Age 16+	Adults JAPANESE KENJUTSU BOJUTSU Age 16+	Full Body Circuit Training Box & Kick Fitness Age 40+	Full Body Circuit Training Age 16+
Monday	5.00pm / 5.50pm							6.30pm / 7.30pm
Tuesday		5.00pm / 6.00pm		6.00pm / 7.15pm	7.15pm / 9.00pm			
Wednesday			5.00pm / 6.00pm					6.30pm / 7.30pm
Thursday	4.00pm / 4.50pm	5.00pm / 6.00pm		6.00pm / 7.15pm	7.15pm / 9.00pm			
Friday			5.00pm / 6.15pm			6.30m / 8.00pm	9.30am / 10.30am	