

Martial Arts School of Fitness Timetable



Class	Time	Day
Wee Warriors 4-6yrs	3.15pm	Tuesday: Beginners Wednesday & Friday Saturday: Coming soon

Class	Time	Day
Junior Warriors 7-12yrs	4.15pm	Thursday Beginners Friday
	5.00pm	Monday, Wednesday Saturday: Coming soon

Class	Time	Day
XMA 5-18yrs	5.00pm	Friday

Class	Time	Day
Kung Fu Kid and Adults	6.00pm	Tuesday

Class	Time	Day
Kickboxing	6.00pm	Monday & Wednesday
	7.00pm	Advanced Belts - Wednesday

Class	Time	Day
Kickboxing Women only	7.00pm	Tuesday
	6.00pm	Thursday

Class	Time	Day
MMA TEEN MMA	8.00pm	Tuesday & Thursday
	5.00pm	

Class	Time	Day
Full Contact	8.00pm	Tuesday & Thursday

Class	Time	Day
Brazilian Jujitsu 12yrs up	10.00am	Saturday

Class	Time	Day
Junior Sparring Senior Sparring	6.00pm	Friday
	7.00pm	

Class	Time	Day
Weapons	7.00pm	Thursday Limited number 12 students only

info@mas-f.com

Phone: 0862522721

www.mas-f.com