



CLASS TIME TABLE - JANUARY 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	9.30am - 11am FIT-Defence Ladies only fitness and self-defence class	C		6.40am Adult Only class (by appointment only)	10am - 10.30am Lil'Dragons (aged 3 - 5½)	9.45am Punching g Pandas (aged 5½ - 7yrs)
		L		(Term time only) Mighty Mice and Mums Crawling to 3yrs 9.30am - 10.20am £3	10.45am- 11.15am Punching Pandas (aged 5½ - 7yrs)	10.30am - 11.00am Lil'Dragons (aged 3 - 5½)
	4pm - 4.30pm Lil'Dragons (aged 3 - 5½)	O		(Term time only) Cage Fitness for Adults 11am - 11.30am £3.50 for students £5 for non-students	11.30am - 1pm Nifty Ninja and Adults All Grades (Only until end of January 2012)	11.15am - 12.15pm Nifty Ninjas and Adult Beginners (10th Kyu - 7th Kyu) White - Yellow Belts
4.45pm - 5.45pm XMA all aged 7+ £10 per month 1/week or £20 2/week or £5 per session	4.45pm - 5.15pm Punching Pandas (aged 5½ - 7yrs)	S	(Term Time Only) 4.45pm - 5.15pm Cage Fitness for Kids aged 6 - 14 £3.50 for students £5 for non students	4pm - 4.30pm Lil'Dragons (aged 3 - 5½)	Starting February 2012 11.30 - 12.30pm All Grades Nifty Ninjas and Adults	12.15pm - 1.15pm Nifty Ninjas and Adults Advanced Class 6th Kyu + (Green Belt & above)
6pm - 7pm Nifty Ninjas Only (All grades)	(Term time only) 5.30pm - 6.20pm Acrobatics and Trampoline class (aged 6+) £5 per session. Limited numbers so pre-book	E	5.30pm - 6.30pm Nifty Ninjas Only (All grades)	4.45pm - 5.15pm Punching Pandas (aged 5½ - 7yrs)	Starting February 2012 12.45pm - 1.15pm Family Cage Fitness £3.50 for students £5 for non students	
7pm - 8pm Adults Only (All grades)	6.30pm - 7.30pm Nifty Ninjas and Adult Beginners Class (10th Kyu - 7th Kyu) White - Yellow Belts	D	6.35pm - 7.25pm Indoor Bootcamp (Open to the public at £5/session or £4/session for club membes)	5.30pm - 6.30pm Nifty Ninjas Only (All grades)	In order to reserve your space in our limited numbers classes, including Cage Fitness and Acro//Tramp classes students must pay in advance to book their sessions. Failure to attend will result in loss of deposit. Tramp/Acro class: max 10 students Cage Fitness: max 18 students	
8.15pm - 8.45pm Cage Fitness Adults aged 15+	7.30pm - 8.30pm Nifty Ninjas and Adults Advanced Class (Green Belt & above)		7.30pm - 8.30pm Adults Only class (All grades)	6.45pm-7.45pm XMA all aged 7+ £10 per month 1/week or £20 2/week or £5 per session		