



MARTIAL ARTS & BOXING ACADEMY

TIMETABLE 2022

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|--|---|
| MORNING/DAY PRIVATE TRAINING SESSIONS By appointment | MORNING/DAY PRIVATE TRAINING SESSIONS By appointment | MORNING/DAY PRIVATE TRAINING SESSIONS By appointment | MORNING/DAY PRIVATE TRAINING SESSIONS By appointment | MORNING/DAY PRIVATE TRAINING SESSIONS By appointment | MORNING/DAY PRIVATE TRAINING SESSIONS By appointment |
| 4:00pm – 4:30pm Little Rangers Pre-School Class | 4:00pm – 4:30pm Little Rangers Pre-School Class | 4:00pm – 4:30pm Little Rangers Pre-School Class | 4:00pm – 4:30pm Little Rangers Pre-School Class | 6:00am – 6:45am Ladies Only Boxing Fitness Class | |
| 4:30pm – 5:10pm BEGINNER Junior White – Orange | 4:30pm – 5:10pm BEGINNER Junior White – Orange | 4:30pm – 5:10pm BEGINNER Junior White – Orange | 4:30pm – 5:10pm BEGINNER Junior White – Orange | **\$15 - Cash Only** Open to all ages and fitness levels | |
| 5:10pm – 5:50pm INTERMEDIATE Junior Green – Purple | 5:10pm – 5:50pm INTERMEDIATE Junior Green – Purple | 5:10pm – 5:50pm INTERMEDIATE Junior Green – Purple | 5:10pm – 5:50pm INTERMEDIATE Junior Green – Purple | | |
| 5:50pm – 6:30pm ADVANCED Junior Brown – Black | 5:50pm – 6:30pm ADVANCED Junior Brown – Black | 5:50pm – 6:30pm ADVANCED Junior Brown – Black | 5:50pm – 6:30pm ADVANCED Junior Brown – Black | | |
| 6:30pm – 7:15pm Martial Arts Teen – Adults | 6:30pm – 7:15pm Boxing/Fitness Teen – Adults | 6:30pm – 7:15pm Martial Arts Teen – Adults | 6:30pm – 7:15pm Boxing/Fitness Teen – Adults | | |
| 7:15pm – 8:00pm Boxing/Fitness Teen – Adults | 7:15pm – 8:00pm Martial Arts Teen – Adults | 7:15pm – 8:00pm Fight Club Boxing Teen – Adults | 7:15pm – 8:00pm Martial Arts Teen – Adults | For all Private Session Enquiries and bookings email Kosta training@adaptacademy.com.au | |