

DRAGONS ACADEMY TIMETABLE

JAN 2017

ADULT CLASSES (Age 14 years and over)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ADULT DAY TIME CLASSES					
9.15-10.15 KICKBOXING	9.15-10 CIRCUIT CLASS	9.30-10.30am ADULT KATA			
ADULT EVENING CLASSES					
6-7.30 BOXING		6-7.30pm BOXING	6-7.30pm TAEKWONDO <i>(For all the family)</i>		
6.45-7.45pm SPORT KARATE	7.30-8.30pm LADIES ONLY KICKBOXING	7.30-8.30pm KICKBOXING	7 - 8 KICKBOXING		
7.30-8.30pm KICKBOXING			8-9 ADULT FIGHT CLASS		

PAY AS YOU TRAIN CLASSES



CLASSES FOR THE FAMILY AGE 8 YEARS TO ADULTS



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