

Start Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15 - 10:15		Women's Fitness Class (crèche available)		Women's Fitness Class (crèche available)	Women's Fitness Core (crèche available)	KIDZ KARATE 9 - 10am (Brown/Black)
3:45	KIDZ KARATE (White)	KIDZ KARATE (White)	KIDZ KARATE (White)	KIDZ KARATE (White)	KIDZ KARATE (White-Yellow)	KIDZ KARATE 10 - 10:45am (Blue)
4:30	KIDZ KARATE (Orange)	KIDZ KARATE (Orange)	KIDZ KARATE (Orange)	KIDZ KARATE (Orange)	KIDZ KARATE (Orange-Blue)	KIDZ KARATE 10:45 - 11:30am (Yellow)
5:15	BEGINNER MUAY THAI	BEGINNER MUAY THAI	BEGINNER MUAY THAI	KIDZ KARATE (Brown)		KIDZ KARATE 11:30 - 12:15pm (White)
6:15	BEGINNER MUAY THAI	BEGINNER MUAY THAI	BEGINNER MUAY THAI	BEGINNER MUAY THAI	BEGINNER MUAY THAI 6:00 - 7:00pm	
7:15	Brazilian Jiu-Jitsu	Freestyle Arnis/ Weapons	Brazilian Jiu-Jitsu			

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9:15 - 10:15					Ninja Ru 3-5 yrs 9:30am - 10am	KIDZ KARATE 9 - 10am (Green)
3:45	KIDZ KARATE (Yellow)	KIDZ KARATE (Yellow)	KIDZ KARATE (Yellow)	KIDZ KARATE (Yellow)		KIDZ KARATE 10 - 10:45am (Orange)
4:30	KIDZ KARATE (Blue)	KIDZ KARATE (Blue)	KIDZ KARATE (Blue)	KIDZ KARATE (Blue)		11am - 12pm BEGINNER MUAY THAI
5:15	JUNIOR KICKBOXING	KIDZ KARATE (Brown/Black)	JUNIOR KICKBOXING	JUNIOR KICKBOXING	JUNIOR KICKBOXING 5:00 - 5:45pm)
6:15	Freestyle Karate	Freestyle Karate	KIDZ KARATE (Brown/Black)	Jnr/Snr BLACK BELT Training		
7:15				Freestyle Karate		



All students must tag in at reception before their class!

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info@kalamundakickboxing.com.au



Start Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 - 11:00						
3:45						Fighter Training 8am - 11am
4:30	ADVANCED JUNIOR KICKBOXING		ADVANCED JUNIOR KICKBOXING			Freestyle Arnis / weapon's 10am - 11am
5:15	KIDZ KARATE (Green)	KIDZ KARATE (Green)	PARENT FMA KARATE	KIDZ KARATE (Green)		
6:15	ADVANCED MUAY THAI	ADVANCED MUAY THAI	ADVANCED MUAY THAI	ADVANCED MUAY THAI		
7:15	Fighter Training	Fighter Training	Fighter Training	Fighter Training		