

Mon			Jujitsu Dan Grades 17:30 - 18:30	Kung Fu age 5+ 18:30 - 19:30	PiYO age 18+ 19:30 - 20:30	Order of the Blade age 15+ 20:30 - 22:30
Tue	Judo age 4-7 16:00 - 16:45	Judo age 8-15 16:45 - 17:30	Shotokan Karate age 4+ 18:00 - 19:00	Combat Sports age 12+ 19:00 - 20:30		
Wed			Aikido age 16+ 18:00 - 19:30		Ashtanga Yoga age 14+ 19:30 - 20:30	
Thur	Woodlands Kids Club 15:45 - 16:45		Jujitsu age 3 - 6 17:30 - 18:30	Jujitsu age 7 - 13 18:30 - 19:30	Jujitsu age 13+ 19:30 - 21:00	
Fri			Judo age 5+ 18:00 - 19:00	Kyokushin Karate age 7+ 19:00 - 21:00		

Weekend Events

Sat	HIIT age 14+ 8:00 - 9:00	Academy age 5-16 9:00 - 10:00	Combat Sports age 17+ 10:00 - 12:00		Birthday Party Available 13:00 - 15:00	Birthday Party Available 16:00 - 18:00
Sun		EWF age 4-6 9:30 - 10:00	EWF age 7-12 10:00 - 11:00	EWF age 13+ 11:00 - 12:00	Iaido Japanese Sword 18:00 - 19:00	Jujitsu age 13+ 19:00 - 21:00

Key	Fitness Classes	Throwing Arts	Striking Arts	Sword Arts
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