

Class Time Table

Adult:

Mon 7.30 - 9.00p
Wed: 8.30 - 9.30pm
Thur: 7.30 - 9.00pm
Fri: 7.00 - 9.00pm
Sat: 1.00 - 2.30pm

Juniors:

First three belts
Wed: 5.30 - 6.50pm
Fri: 5.30 - 6.50pm
Wed: 7.00 - 8.30pm
Fri: 7.00 - 9.00pm

Juniors all levels:

Thur: 6.00 - 7.30pm
Sat: 1.00 - 2.30pm

Lil'Dragons:

Wed: 4.30 - 5.15pm
Fri: 4.30 - 5.15pm
Sat: 10.30 - 11.15am

Fitness Class:

Sat: 11.30 - 12.30pm