

GMAC Martial Arts

Timetable 2018/2019



r	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Gym Closed (Morning)	Private Lessons 9am - 3pm	Private Lessons 9am - 3pm	Private Lessons 9am - 3pm	Private Lessons 9am - 12 noon	Taekwon-Do Kids (3 - 5 years) 10.30 - 11.15am	Gym Closed (All Day)
5.00pm		Little Ninja's		Little Ninja's	Special Needs Kids	Gym Closed	
	Little Ninja's	(4 - 6 years)	Little Ninja's	(4 - 6 years)	3.30pm - 4.15pm	(from 12noon)	
	(4 - 6 years)	Class 2	(4 - 6 years)	Class 2		<u> </u>	
	Class 1	5.00pm - 5.45pm	Class 1	5.00pm - 5.45pm	Special Needs		
	5.15pm - 6.00pm		5.15pm - 6.00pm		Teens & Adults		
		Kickin' Kids		Kickin' Kids	4.30pm - 5.15pm		
6.00pm	Kickin' Kids	(7 - 9 years)	Kickin' Kids	(7 - 9 years)			
	(7 - 9 years)	Class 2	(7 - 9 years)	Class 2	Junior Kickboxing		
	Class 1	5.45pm - 6.45pm	Class 1	5.45pm - 6.45pm	(8 - 15 years)		
	6.00pm - 7.00pm		6.00pm - 7.00pm				
		Jnr Taekwon-Do		Jnr Taekwon-Do	5.30pm - 7.00pm		
7.00pm	Snr Taekwon-Do	(10 - 15 years)	Snr Taekwon-Do	(10 - 15 years)			
	(16 years +)	Beginner/Intermediate	(16 years +)	Beginner/Intermediate			
	7.00pm - 8.00pm	6.45pm - 7.45pm		6.45pm - 7.45pm			
		Jnr Taekwon-Do		Jnr Taekwon-Do			
8.00pm	Junior Kickboxing	(10 - 15 years)	7.00pm - 8.15pm	(10 - 15 years)	CONTACT US:		
	(8 - 15 years)	Advanced		Advanced		CONTACT US.	
		7.45pm - 8.45pm	Tactical Edge	7.45pm - 8.45pm	info@	gmacmartialarts	.co.uk
	8.00pm - 9.00pm		(16 years +)		<u></u>		
		Snr Kickboxing		Snr Kickboxing	07734-926574		
9.00pm		(16 years +)	8.30pm - 9.30pm	(16 years +)	<u>.</u>		
		8.45pm - 9.45pm		8.45pm - 9.45pm			