



# GMAC Martial Arts

## Timetable 2018/2019



	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 (4 - 6 years) Class 1 5.15pm - 6.00pm	Little Ninja's (4 - 6 years) Class 2 5.00pm - 5.45pm	Little Ninja's (4 - 6 years) Class 1 5.15pm - 6.00pm	Little Ninja's (4 - 6 years) Class 2 5.00pm - 5.45pm	Special Needs Kids 3.30pm - 4.15pm	Gym Closed (from 12noon)	
6.00pm	Kickin' Kids (7 - 9 years) Class 1 6.00pm - 7.00pm	Kickin' Kids (7 - 9 years) Class 2 5.45pm - 6.45pm	Kickin' Kids (7 - 9 years) Class 1 6.00pm - 7.00pm	Kickin' Kids (7 - 9 years) Class 2 5.45pm - 6.45pm	Special Needs Teens & Adults 4.30pm - 5.15pm	Junior Kickboxing (8 - 15 years) 5.30pm - 7.00pm	
7.00pm	Snr Taekwon-Do (16 years +) 7.00pm - 8.00pm	Jnr Taekwon-Do (10 - 15 years) Beginner/Intermediate 6.45pm - 7.45pm	Snr Taekwon-Do (16 years +) 7.00pm - 8.15pm	Jnr Taekwon-Do (10 - 15 years) Beginner/Intermediate 6.45pm - 7.45pm			
8.00pm	Junior Kickboxing (8 - 15 years) 8.00pm - 9.00pm	Jnr Taekwon-Do (10 - 15 years) Advanced 7.45pm - 8.45pm	Tactical Edge (16 years +) 8.30pm - 9.30pm	Jnr Taekwon-Do (10 - 15 years) Advanced 7.45pm - 8.45pm			
9.00pm		Snr Kickboxing (16 years +) 8.45pm - 9.45pm		Snr Kickboxing (16 years +) 8.45pm - 9.45pm			

**CONTACT US:**

[info@gmacmartialarts.co.uk](mailto:info@gmacmartialarts.co.uk)

07734-926574