

MONDAY									
PD	TIME	Hrs	INS	GROUND FLOOR	TIME	Hrs	INS	UPSTAIRS	
LM	3:30 - 4:00	0:30	CB HF	Little Dragons 3-4 yrs					
LM	4:00 - 4:30	0:30	CB HF	Little Dragons 5-6 Yrs					
LM	4:30 - 5:15	0:45	HF CB	Kids TKD- All + Beginners Prog					
LM	5:15 - 6:00	0:45	HF	Kids TKD- All	5:15 - 6:00	0:45	CB	Sports TKD	
HF	6:00 - 6:45	0:45	CB	Adults TKD all belts Kickboxing	6:00 - 6:45	0:45	SH	MMA Kids	
	6:45 - 8:15	1:30	DM	BJJ Adults	6:45 - 7:30	0:45	SH	Muay Thai	
					7:30 - 8:15	0:45	SH	Mixed Martial Arts	

TUESDAY									
PD	TIME	Hrs	INS	GROUND FLOOR	TIME	Hrs	INS	UPSTAIRS	
LM	3:30 - 4:00	0:30	CB HF	Little Dragons 3-4 yrs					
LM	4:00 - 4:30	0:30	CB HF	Little Dragons 5-6 Yrs					
LM	4:30 - 5:15	0:45	HF CB	Kids TKD- All + Beginners Prog	-				
LM	5:15 - 6:00	0:45	HF CB	Kids TKD- All	5:50 - 6:30	0:40	DM	MMA Kids	
HF	6:00 - 7:00	1:00	HF CB	Adults TKD all belts KickBoxing	6:30 - 7:30	1:00	SH	Muay Thai	
					7:30 - 8:15	0:45	SH	Mixed Martial Arts	

WEDNESDAY									
PD	TIME	Hrs	INS	GROUND FLOOR	TIME	Hrs	INS	UPSTAIRS	
LM	3:30 - 4:00	0:30	CB HF	Little Dragons 3-4 yrs					
LM	4:00 - 4:30	0:30	CB HF	Little Dragons 5-6 Yrs					
LM	4:30 - 5:15	0:45	HF CB	Kids TKD- All + Beginners Prog	-				
LM	5:15 - 6:45	1:30	CB	Sports TKD	5:15 - 6:00	0:45	HF	Kids TKD- All	
HF	6:00 - 6:45	0:45	HF	Adults TKD all belts KickBoxing	-				
DM	6:45 - 8:15	1:30	DM	BJJ Adults	6:00 - 6:45	0:45	DM	BJJ Kids	

THURSDAY									
PD	TIME	Hrs	INS	GROUND FLOOR	TIME	Hrs	INS	UPSTAIRS	
	10:00 - 11:00	1:00	HF CB	Instructor Training Malaga					
LM	3:30 - 4:00	0:30	CB HF	Little Dragons 3-4 yrs					
LM	4:00 - 4:30	0:30	CB HF	Little Dragons 5-6 Yrs					
LM	4:30 - 5:15	0:45	HF	Kids TKD- All + Beginners Prog	4:30 - 5:45	1:15	CB	Sports Poomsae	
LM	5:15 - 6:00	0:45	HF	Kids TKD- All	5:50 - 6:30	0:40	DM	BJJ Kids	
HF	6:00 - 6:45	0:45	CB	Adults TKD all belts KickBoxing	6:30 - 7:30	1:00	SH	Muay Thai	
	6:45 - 8:15	1:30	DM	BJJ Adults	7:30 - 8:15	0:45	SH	Mixed Martial Arts	

FRIDAY									
PD	TIME	Hrs	INS	GROUND FLOOR	TIME	Hrs	INS	UPSTAIRS	
LM	3:30 - 4:00	0:30	CB HF	Little Dragons 3-4 yrs					
LM	4:00 - 4:30	0:30	CB HF	Little Dragons 5-6 Yrs					
LM	4:30 - 5:15	0:45	CB	Kids TKD- All + Beginners Prog	-				
LM	5:15 - 6:00	0:45	CB	Kids TKD- All	-				
HF	6:00 - 6:45	0:45	CB	Sports Poomsae	5:30 - 7:00	1:30	DM	BJJ Adults (Open Mat)	
HF	6:45 - 7:45	1:00	HF CB	Adults TKD KickBoxing	-				

SATURDAY									
PD	TIME	Hrs	INS	GROUND FLOOR	TIME	Hrs	INS	UPSTAIRS	
NF	9:00 - 9:45	0:45	CB	Little Dragons 5-6 Yrs	9:00 - 9:45	0:45	HF	Little Dragons 3-4 yrs	
NF	9:45 - 10:45	1:00	CB	Kids - TKD all Belts	10:00 - 10:45	0:45	DM	BJJ Kids	
DM	11:00 - 13:00	2:00	DM	BJJ Adults	10:45 - 11:30	0:45	HF CB	Privates	

Note: Bookings essential - no cost to struggling students - invitation only.
Private class slips to be handed out in class for students that need extra training (See Diary) only 1 x 3/4 session per week