



FIGHTING ARTS FITNESS CENTRE

(TRADING HOURS 4.30-9.00PM MON – FRIDAY, 12.30 – 5.00PM SATURDAY)

2012 Class Timetable- www.fafc.com.au

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1.00 PM						BRAZILIAN JIU JITSU OPEN MAT CHILDRENS KYOKUSHIN KARATE (1 HOUR)
3.00 PM						PANTHERS KICKBOXING (1 HOUR)
5.00 PM	WITTLE WAWWIORS (30 MINUTES) CHILDRENS KYOKUSHIN KARATE (1 HOUR)	JUNIOR NEXGEN MMA (1 HOUR)	WITTLE WAWWIORS (30 MINUTES) CHILDRENS KYOKUSHIN KARATE (1 HOUR)	JUNIOR NEXGEN MMA (1 HOUR)	CHILDRENS KYOKUSHIN KARATE (WHITE BELT TO 9 TH KYU) (1 HOUR) CHILDRENS KYOKUSHIN KARATE (8 TH KYU TO 5 TH KYU) (1 HOUR)	
6.00 PM	NEXGEN MMA (1 HOUR)	PANTHERS KICKBOXING (1 HOUR) BEGINNER BRAZILIAN JIU JITSU (1 HOUR)	PANTHERS KICKBOXING (1 HOUR)	BEGINNER BRAZILIAN JIU JITSU (1 HOUR)	NEXGEN MMA (1 HOUR)	
6.15 PM	BEGINNER KYOKUSHIN KARATE (1 HOUR)		BEGINNER KYOKUSHIN KARATE (1 HOUR)			
7.00 PM		BRAZILIAN JIU JITSU (1 HOUR)		BRAZILIAN JIU JITSU (1 HOUR)	ADULT KYOKUSHIN KARATE (1 HOUR)	
7.15 PM	INTERMEDIATE KYOKUSHIN KARATE (1 ½ HOURS)		INTERMEDIATE KYOKUSHIN KARATE (1 ½ HOURS)		SPARRING BEGINNERS TO ADVANCED	
7.30 PM	PANTHERS KICKBOXING (1 HOUR)					
8.00 PM		PANTHERS KICKBOXING (1 HOUR)		PANTHERS KICKBOXING (1 HOUR)		