



FAFC CLASS TIMETABLE 2010 (TRADING HOURS 4.30-9.00PM MON – FRIDAY, 12.30 – 5.30PM SATURDAY)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY					
12.30 pm TO 1.30 PM	MORNING AND AFTERNOON SESSIONS AVAILABLE BY APPOINTMENT ONLY					JIU JITSU OPEN MAT	BY APPOINTMENT ONLY					
1.00 PM TO 2.00 PM						CHILDRENS KARATE WHITE TO 7TH KYU						
2.00 PM TO 3.00 PM						ADULT KARATE & CHILDREN 6TH & ABOVE						
3.00 PM TO 4.00PM											ADULT KICKBOXING	
4.45 PM TO 5.30 PM						WITTLE WAWWIORS 4-6YO			WITTLE WAWWIORS 4-6YO			
5.00 PM TO 6.00 PM						BEGINNER CHILDRENS & INTERMEDIATE CHILDRENS KARATE		CHILDRENS MMA 8-12 YO	BEGINNER CHILDRENS & INTERMEDIATE CHILDRENS KARATE	CHILDRENS MMA 8-12 YO	CHILDRENS KARATE	
6.00 PM TO 7.00 PM	ALL STYLES FIGHTERS CLASS	ADULT KICKBOXING & BEGINNER BRAZILIAN JIU JITSU	ALL STYLES FIGHTERS CLASS	BEGINNER BRAZILIAN JIU JITSU	ADULT MMA							
6.15 PM TO 7.15 PM	ADULT BEGINNER KARATE		ADULT BEGINNER KARATE									
7.00 PM TO 8.00 PM		INTERMEDIATE BRAZILIAN JIU JITSU		INTERMEDIATE BRAZILIAN JIU JITSU								
7.15 PM TO 8.45 PM	ADULT INTERMEDIATE KARATE		ADULT INTERMEDIATE KARATE		FIGHTERS & SPARRING							
7.30 PM TO 8.30 PM	ADULT BEGINNER KICKBOXING											
8.00 PM TO 9.00 PM		ADULT BEGINNER KICKBOXING		ADULT BEGINNER KICKBOXING								