

KBBA CLASS TIMETABLE 2020

MONDAYS

ROOM 1 - DOWNSTAIRS			
9.45am - 10.45am	Ladies Kickboxing Fitness		Scott
11.00am - 11.30am	Parent & Tots 2-3 Years		Scott
4.00pm - 4.40pm	Tikes 3-5 Years		Tyler & Peggy
4.50pm - 5.30pm	Tikes 3-5 Years		Scott
6.15pm - 6.50pm	Ladies HIIT-FIT		Tyler
7.30pm - 8.30pm	Ladies Kickboxing Fitness		Scott

ROOM 2 - UPSTAIRS			
4.50pm - 5.50pm	Warriors 6-12 Years	LOW	Tyler & Peggy
4.50pm - 5.50pm	Warriors 6-12 Years	HIGHER	Tyler & Peggy
6.00pm - 7.00pm	Mixed Ages		Callum
6.30pm - 8.00pm	Sports Class for ALL		Peggy & Callum & Tyler

TUESDAYS

ROOM 1 - DOWNSTAIRS			
10.00am - 10.40am	Ladies HIIT-FIT		Tyler
4.00pm - 4.40pm	Tikes 3-5 Years		Tyler & Peggy
6.00pm - 7.00pm	Mixed Ages		Peggy
7.00pm - 8.00pm	General Kickboxing		Peggy
8.00pm - 9.00pm	Ladies Kickboxing Fitness		Scott

ROOM 2 - UPSTAIRS			
4.50pm - 5.50pm	Warriors 6-12 Years	ALL	Tyler & Peggy
6.00pm - 7.00pm	Patterns Training for ALL		Tyler & Joanne
7.00pm - 8.00pm	Teens & Adults Only		Tyler
7.00pm - 8.00pm	Blue Belts & Above		Scott

WEDNESDAYS

ROOM 1 - DOWNSTAIRS			
9.45am - 10.45am	Ladies Kickboxing Fitness		Scott
4.00pm - 4.40pm	Tikes 3-5 Years		Tyler & Scott
4.50pm - 6.00pm	Sports TKD Development	6-12yrs	Scott
6.15pm - 6.50pm	Ladies HIIT-FIT		Tyler
7.00pm - 8.30pm	Poomsae Competitors Only		Tyler

ROOM 2 - UPSTAIRS			
4.50pm - 5.50pm	Warriors 6-12 Years	ALL	Scott & Tyler
6.00pm - 7.00pm	Mixed Ages		Daniel
6.30pm - 8.00pm	Sports Class for ALL		Scott

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THURSDAYS

ROOM 1 - DOWNSTAIRS			
10.00am - 10.40am	Ladies HIIT-FIT		Tyler
4.00pm - 4.40pm	Tikes 3-5 Years		Peggy & Scott
6.00pm - 7.00pm	Mixed Ages		Callum
7.00pm - 8.00pm	General Kickboxing		Peggy
8.00pm - 9.00pm	Ladies Kickboxing Fitness		Scott

ROOM 2 - UPSTAIRS			
4.50pm - 5.50pm	Warriors 6-12 Years	ALL	Scott
6.00pm - 7.00pm	Blue Belts & Above		Peggy
7.00pm - 8.00pm	Teens & Adults Only		Callum
7.00pm - 8.00pm	Patterns		Scott & Daniel & Joanne

FRIDAYS

ROOM 1 - DOWNSTAIRS			
9.45am - 10.45am	Ladies Kickboxing Fitness		Scott
4.00pm - 4.40pm	Tikes 3-5 Years		Tyler & Peggy
4.50pm - 5.30pm	Tikes 3-5 Years		Scott
6.15pm - 6.50pm	Ladies HIIT-FIT		Tyler
7.00pm - 8.30pm	Poomsae Competitors Only		Tyler

ROOM 2 - UPSTAIRS			
4.50pm - 5.50pm	Warriors 6-12 Years	ALL	Tyler & Peggy
6.00pm - 7.00pm	Mixed Ages		Scott
6.30pm - 8.00pm	Sports Class for ALL		Peggy & Callum
8.00pm - 9.00pm	Ladies Kickboxing Fitness		Peggy

SATURDAYS

ROOM 1 - DOWNSTAIRS			
9.00am - 9.40am	Ladies HIIT-FIT		Tyler
9.45am - 10.25am	Tikes 3-5 Years		Tyler & Peggy
10.35am - 11.35am	Warriors 6-12 Years	ALL	Tyler & Peggy
11.45am - 12.45pm	Mixed Ages		Tyler

ROOM 2 - UPSTAIRS			
11.45am - 12.45pm	General Kickboxing		Peggy