

Martial X Academy

Weekly Timetable 2018



	Monday	Tuesday	Thursday	Friday	Saturday
10:30					Lil Ninjas
11:30					Junior & Adult Kickboxing
16:00	Lil Ninjas	Lil Ninjas		Lil Ninjas	
17:00	Junior Kickboxing Basic & Advanced	Junior Technical Training Basic & Advanced	Junior/Adult Technical Forms or Bostaff	Junior Basic Kickboxing — Junior Advanced Forms or Bostaff (1.5hrs)	
18:00	Junior Advanced Tricking & Stunts — Adult Kickboxing Basic & Advanced	Sparring - ALL Advanced Students Welcome, Juniors & Adults	Junior/Adult Technical Forms or Bostaff — Adult Kickboxing Basic & Advanced	Adult Basic & Advanced Kickboxing — Adult Advanced Stunts & Tricking	
19:00		Adult Technical Kickboxing Basic & Advanced			