TNT School of MARTIAL ARTS
Program Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sun.
9-10 AM						Ladies only Kickboxing	
10-11 AM		Kickboxing Adult All Ranks 18 + yrs		Kickboxing Adult All Ranks 18 + yrs		Kickboxing All Classes All ages	
11:15AM-12PM						TINY TIGERS KARATE 4-8 yrs	
12PM-1PM						Open for Practice	
5:15-6:15PM	Karate White Belts 5-12 yrs	Kickboxing All Ranks Junior 8-12 yrs	Karate White Belts 5-12 yrs	Kickboxing All Ranks Junior 8-12 yrs	Karate White Belts 5-12 yrs		
6:15-7:15PM	Karate Colour Belt 5-12 yrs	Kickboxing All Ranks Teen 13+ yrs	Karate Colour Belt 5-12 yrs	Kickboxing All Ranks Teen 13+ yrs	Karate Colour Belt 7-12 yrs		
7:15-8:15PM	Karate Adult All Rank 13+	Ladies/Girls Only Kickboxing	Karate Adult All Rank 13+	Ladies/Girls Only Kickboxing	Karate Adult All Rank 13+		
8:15-9:15PM	Open for Practice	Kickboxing Adult All Ranks 18 + yrs	Open for Practice	Kickboxing Adult All Ranks 18 + yrs	Open for Practice		