

TNT School of MARTIAL ARTS
Program Schedule

	Monday	Tuesday	Wednesday	Thursday	FRIDAY	SATURDAY
10-11 AM		Kickboxing Adult All Ranks 18 + yrs			Kickboxing Adult All Ranks 18 + yrs	10 AM SCHEDULED PRIVATE TRAINING
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	11AM TINY TIGERS KARATE 4-8 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	12 PM Kickboxing All Ranks Junior 8-12 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+	1PM Kickboxing All Ranks Teen Adult 13 + yrs
8:15-9:15PM	SCHEDULED PRIVATE TRAINING	Kickboxing Adult All Ranks 18 + yrs	SCHEDULED PRIVATE TRAINING	Kickboxing Adult All Ranks 18 + yrs	CLUB SPARRING	2 PM Ladies/Girls Only Kickboxing