

TNT School of MARTIAL ARTS
Program Schedule

	Monday	Tuesday	Wednesday	Thursday	FRIDAY	SATURDAY
11AM-12PM		Kickboxing Adult All Ranks 18 + yrs		Kickboxing Adult All Ranks 18 + yrs		
5:15-6:15PM	Karate White Belts 4-7 yrs	Kickboxing All Ranks Junior 7-13 yrs	Karate White Belts 4-7 yrs	Kickboxing All Ranks Junior 7-13 yrs	Karate White Belts 4-7 yrs	12 PM Kickboxing All Ranks Junior 7-13 yrs
6:15-7:15PM	Karate Colour Belt 8-12 yrs	Kickboxing All Ranks Teen 13 -17yrs	Karate Colour Belt 8-12 yrs	Kickboxing All Ranks Teen 13 -17 yrs	Karate Colour Belt 5-12 yrs	1PM CLUB SPARRING/ KUMITE
7:15-8:15PM	Karate Teen All Rank 13-17	Kickboxing Ladies/Girls	Karate Teen All Rank 13-17	Kickboxing Ladies/Girls	Karate Teen All Rank 13-17	2 PM Kickboxing All Ranks Adult/Teen 14+ Co-ed Ladies/Girls
8:15-9:15PM	Karate Adult All Ranks 18 + yrs	Kickboxing Adult All Ranks 18 + yrs	Karate Adult All Ranks 18 + yrs	Kickboxing Adult All Ranks 18 + yrs	Karate Adult All Ranks 18 + yrs	