



# COOMBS

## Timetable

From Monday 11 May 2026

	Monday	Tuesday	Wednesday	Thursday	Friday			
5:45						5:45		
6:00	<b>GROUP FITNESS</b> 06:00-06:45		<b>GROUP FITNESS</b> 06:00-06:45		<b>GROUP FITNESS</b> 06:00-06:45	6:00		
6:15							6:15	
6:30								6:30
6:45	<b>CARDIO BOXING</b> 06:45-07:30		<b>CARDIO BOXING</b> 06:45-07:30		<b>CARDIO BOXING</b> 06:45-07:15	6:45		
7:00							7:00	
7:15								7:15
7:30						7:30		
7:45						7:45		
8:00						8:00		
8:15						8:15		
8:30						8:30		
16:00						16:00		
16:15						16:15		
16:30	<b>TIGERS 5-8yrs</b> <b>KIDS MARTIAL ARTS</b> 16:30-17:10	<b>TIGERS 5-8yrs</b> <b>KIDS MARTIAL ARTS</b> 16:30-17:10	<b>TIGERS 5-8yrs</b> <b>KIDS MARTIAL ARTS</b> 16:30-17:10	<b>TIGERS 5-8yrs</b> <b>KIDS MARTIAL ARTS</b> 16:30-17:10		16:30		
16:45								16:45
17:00								
17:15	<b>YOUTH GRAPPLING</b> 9-13yrs 17:15-18:00 EPIC BRAZILIAN JIUJITSU	<b>YOUTH KOREAN SWORD</b> 9-13yrs 17:15-18:00 Kummooyeh	<b>YOUTH SELF-DEFENCE</b> 9-13yrs 17:15-18:00 HAPKIDO MOOMOOKWAN	<b>YOUTH KOREAN SWORD</b> 9-13yrs 17:15-18:00 Kummooyeh		17:15		
17:30								17:30
17:45								
18:00						18:00		
18:15	<b>BRAZILIAN JIUJITSU</b> 18:00-19:00 EPIC BJJ	<b>ADULT KOREAN SWORD</b> 18:00-19:00 KUMMOOYEH	<b>BRAZILIAN JIUJITSU</b> 18:00-19:00 EPIC BJJ	<b>ADULT KOREAN SWORD</b> 18:00-19:00 KUMMOOYEH		18:15		
18:30								18:30
18:45								
19:00						19:00		
19:15	<b>AWARE KRAV MAGA</b> 19:00-20:00		<b>AWARE KRAV MAGA</b> 19:00-20:00	<b>SHIN SAITO RYU</b> <b>JU JITSU</b> 19:00-20:00		19:15		
19:30							19:30	
19:45								19:45
20:00						20:00		
20:15						20:15		
20:30						20:30		