

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Group Fitness 6:00 – 6:45am FITNESS	No morning classes	Group Fitness 6:00 – 6:45am FITNESS	No morning classes	Group Fitness 6:00 – 6:45am FITNESS
Cardio Boxing 6:45 – 7:30am BOXING		Cardio Boxing 6:45 – 7:30am BOXING		Cardio Boxing 6:45 – 7:15am BOXING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tigers / Kids Martial Arts 4:30 – 5:10pm 5–8 yrs TIGERS	Tigers / Kids Martial Arts 4:30 – 5:10pm 5–8 yrs TIGERS	Tigers / Kids Martial Arts 4:30 – 5:10pm 5–8 yrs TIGERS	Tigers / Kids Martial Arts 4:30 – 5:10pm 5–8 yrs TIGERS	No afternoon/evening classes
Youth Brazilian JiuJitsu 5:15 – 6:00pm 9–13 yrs EPIC BJJ	Youth Kummooyeh 5:15 – 6:00pm 9–13 yrs KUMMOOYEH	Youth Self-Defence 5:15 – 6:00pm 9–13 yrs · Hapkido Moomookwan HAPKIDO	Youth Kummooyeh 5:15 – 6:00pm 9–13 yrs KUMMOOYEH	
Epic Brazilian JiuJitsu 6:00 – 7:00pm Adults EPIC BJJ	Adult Kummooyeh 6:00 – 7:00pm KUMMOOYEH	Epic Brazilian JiuJitsu 6:00 – 7:00pm Adults EPIC BJJ	Adult Kummooyeh 6:00 – 7:00pm KUMMOOYEH	
Aware Krav Maga 7:00 – 8:00pm KRAV MAGA		Aware Krav Maga 7:00 – 8:00pm KRAV MAGA	Shin Saito Ryu JuJutsu 7:00 – 8:00pm JUJUTSU	

No Saturday or Sunday classes at Coombs — visit the Woden Club at U3/10 Townshend St, Phillip ACT 2606 for weekend sessions.