

February 2012

		Wednesday 01	Thursday 02	Friday 03	Saturday 04	Sunday 05
		1200 – 1300 Kickboxing 1600 – 1645 LTC 1700 – 1730 Little Dragons 1745 – 1830 Juniors 1900 – 2000 MMA 2000 – 2100 Kickboxing (Muay Thai) 2100 – 2200 Chow Gar	1700 – 1745 Juniors Bag Training & Sparring 1800 – 1900 White Collar Boxing 1900 – 2000 Kickboxing (K1) 2000 – 2100 Kickercise	1830 – 1930 MMA	0900 – 0945 Little Dragons & Juniors 1000 – 1100 White Collar Boxing 1100 – 1200 Bag Training & Sparring 1200 – 1300 Kickboxing	0900 – 1100 Squad Training
Monday 06	Tuesday 07	Wednesday 08	Thursday 09	Friday 10	Saturday 11	Sunday 12
1000 – 1100 Tai Chi 1200 – 1300 Kickboxing 1600 – 1645 LTC 1700 – 1730 Little Dragons 1745 – 1830 Juniors 1900 – 2000 MMA 2000 – 2100 Kickboxing 2100 – 2200 Chow Gar	1700 – 1745 LTC 1800 – 1900 Bag Training & Sparring 1900 – 2000 Kickboxing 2000 – 2100 Kickercise	1200 – 1300 Kickboxing 1600 – 1645 LTC 1700 – 1730 Little Dragons 1745 – 1830 Juniors 1900 – 2000 MMA 2000 – 2100 Kickboxing (Muay Thai) 2100 – 2200 Chow Gar	1700 – 1745 Juniors Bag Training & Sparring 1800 – 1900 White Collar Boxing 1900 – 2000 Kickboxing (K1) 2000 – 2100 Kickercise	1830 – 1930 MMA	0900 – 0945 Little Dragons & Juniors 1000 – 1100 White Collar Boxing 1100 – 1200 Bag Training & Sparring 1200 – 1300 Kickboxing	0900 – 1100 Squad Training
Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17	Saturday 18	Sunday 19
1000 – 1100 Tai Chi 1200 – 1300 Kickboxing 1600 – 1645 LTC 1700 – 1730 Little Dragons 1745 – 1830 Juniors 1900 – 2000 MMA 2000 – 2100 Kickboxing 2100 – 2200 Chow Gar	1700 – 1745 LTC 1800 – 1900 Bag Training & Sparring 1900 – 2000 Kickboxing 2000 – 2100 Kickercise	1200 – 1300 Kickboxing 1600 – 1645 LTC 1700 – 1730 Little Dragons 1745 – 1830 Juniors 1900 – 2000 MMA 2000 – 2100 Kickboxing (Muay Thai) 2100 – 2200 Chow Gar	1700 – 1745 Juniors Bag Training & Sparring 1800 – 1900 White Collar Boxing 1900 – 2000 Kickboxing (K1) 2000 – 2100 Kickercise	1830 – 1930 MMA	0900 – 0945 Little Dragons & Juniors 1000 – 1100 White Collar Boxing 1100 – 1200 Bag Training & Sparring 1200 – 1300 Kickboxing	WAKO British Championships
Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24	Saturday 25	Sunday 26
1000 – 1100 Tai Chi 1200 – 1300 Kickboxing 1600 – 1645 LTC 1700 – 1730 Little Dragons 1745 – 1830 Juniors 1900 – 2000 MMA 2000 – 2100 Kickboxing 2100 – 2200 Mantis Grading	1700 – 1745 LTC 1800 – 1900 Bag Training & Sparring 1900 – 2000 Kickboxing 2000 – 2100 Kickercise	1200 – 1300 Kickboxing 1600 – 1645 LTC 1700 – 1730 Little Dragons 1745 – 1830 Juniors 1900 – 2000 MMA 2000 – 2100 Kickboxing (Muay Thai) 2100 – 2200 Chow Gar	1700 – 1745 Juniors Bag Training & Sparring 1800 – 1900 White Collar Boxing 1900 – 2000 Kickboxing (K1) 2000 – 2100 Kickercise	1830 – 1930 MMA	0900 – 0945 Little Dragons & Juniors 1000 – 1100 White Collar Boxing 1100 – 1200 Bag Training & Sparring 1200 – 1300 Kickboxing	
Monday 27	Tuesday 28	Wednesday 29				
1000 – 1100 Tai Chi 1200 – 1300 Kickboxing 1600 – 1645 LTC 1700 – 1730 Little Dragons 1745 – 1830 Juniors 1900 – 2000 MMA 2000 – 2100 Kickboxing 2100 – 2200 Chow Gar	1700 – 1745 LTC 1800 – 1900 Bag Training & Sparring 1900 – 2000 Kickboxing 2000 – 2100 Kickercise	1200 – 1300 Kickboxing 1600 – 1645 LTC 1700 – 1730 Little Dragons 1745 – 1830 Juniors 1900 – 2000 MMA 2000 – 2100 Kickboxing (Muay Thai) 2100 – 2200 Chow Gar				