

January 2012

						Sunday 01
						C L O S E D
Monday 02	Tuesday 03	Wednesday 04	Thursday 05	Friday 06	Saturday 07	Sunday 08
C L O S E D	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 2100 – 2200 Chow Gar	1700 – 1745 Juniors Bag Training & Sparring 1800 – 1900 White Collar Boxing 1900 – 2000 Kickboxing 2000 – 2100 Kickercise	1830 – 1930 MMA	0900 – 0930 Little Dragons 0930 – 1030 Juniors White to Purple Belt Grading 0930 – 1130 Juniors Grading Purple to Black Belt Grading 1130 – 1300 Bag Training & Sparring	0845 – 1000 Squad Training 1000 – 1100 – Ultimate Fitness
Monday 09	Tuesday 10	Wednesday 11	Thursday 12	Friday 13	Saturday 14	Sunday 15
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 2100 – 2200 Chow Gar	1700 – 1745 Juniors Bag Training & Sparring 1800 – 1900 White Collar Boxing 1900 – 2000 Kickboxing 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 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20	Saturday 21	Sunday 22
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 2100 – 2200 Chow Gar	1700 – 1745 Juniors Bag Training & Sparring 1800 – 1900 White Collar Boxing 1900 – 2000 Kickboxing 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 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27	Saturday 28	Sunday 29
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 2100 – 2200 Chow Gar	1700 – 1745 Juniors Bag Training & Sparring 1800 – 1900 White Collar Boxing 1900 – 2000 Kickboxing 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 30	Tuesday 31	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 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 2100 – 2200 Chow Gar	1700 – 1745 Juniors Bag Training & Sparring 1800 – 1900 White Collar Boxing 1900 – 2000 Kickboxing 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

H A P P Y N E W Y E A R