

# March 2010

Monday 01	Tuesday 02	Wednesday 03	Thursday 04	Friday 05	Saturday 06	Sunday 07
1000 – 1100 Tai Chi 1200 – 1300 Kickboxing 1700 – 1730 Little Dragons 1745 – 1830 Juniors <b>1900 – 2000 Beginners Course – Kickboxing (2)</b> 2000 – 2100 Kickboxing 2100 – 2200 Chow Gar	1800 – 1900 Bag Training & Sparring 1900 – 2000 Kickboxing 2000 – 2100 Kickercise	1200 – 1300 Kickboxing 1700 – 1730 Little Dragons 1745 – 1830 Juniors 1900 – 2000 MMA 2000 – 2100 Kickboxing 2100 – 2200 Chow Gar	1600 – 1630 Little Dragons 1645 – 1730 Juniors advanced 1800 – 1900 Filipino MA 1900 – 2000 Kickboxing 2000 – 2100 Kickercise		0900 – 0945 Little Dragons & Juniors 1000 – 1100 Bag Training & Sparring 1100 – 1200 Kickboxing 1200 – 1300 MMA 1300 – 1400 Filipino MA	<b>0930 -1230 MMA &amp; Kickboxing Squad Training Meet at 1 Tree Hill With Full Kit</b>
Monday 08	Tuesday 09	Wednesday 10	Thursday 11	Friday 12	Saturday 13	Sunday 14
1000 – 1100 Tai Chi 1200 – 1300 Kickboxing 1700 – 1730 Little Dragons 1745 – 1830 Juniors <b>1900 – 2000 Beginners Course – Kickboxing (3)</b> 2000 – 2100 Kickboxing 2100 – 2200 Chow Gar	1800 – 1900 Bag Training & Sparring 1900 – 2000 Kickboxing 2000 – 2100 Kickercise	1200 – 1300 Kickboxing 1700 – 1730 Little Dragons 1745 – 1830 Juniors 1900 – 2000 MMA 2000 – 2100 Kickboxing 2100 – 2200 Chow Gar	1600 – 1630 Little Dragons 1645 – 1730 Juniors advanced 1800 – 1900 Filipino MA 1900 – 2000 Kickboxing 2000 – 2100 Kickercise		0900 – 0945 Little Dragons & Juniors 1000 – 1100 Bag Training & Sparring 1100 – 1200 Kickboxing 1200 – 1300 MMA 1300 – 1400 Filipino MA	<b>1000 – 1130 Kickboxing Squad</b>
Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19	Saturday 20	Sunday 21
1000 – 1100 Tai Chi 1200 – 1300 Kickboxing 1700 – 1730 Little Dragons <b>1730 – 1900 Juniors GRADING</b> <b>1900 – 2000 Beginners Course – Kickboxing (4)</b> 2000 – 2100 Kickboxing 2100 – 2200 Chow Gar	1800 – 1900 Bag Training & Sparring 1900 – 2000 Kickboxing 2000 – 2100 Kickercise	1200 – 1300 Kickboxing 1700 – 1730 Little Dragons 1745 – 1830 Juniors 1900 – 2000 MMA 2000 – 2100 Kickboxing 2100 – 2200 Chow Gar	1600 – 1630 Little Dragons 1645 – 1730 Juniors advanced <b>1800 – 1900 Filipino MA GRADING</b> 1900 – 2000 Kickboxing 2000 – 2100 Kickercise		<b>0900 – 0945 Little Dragons &amp; Juniors</b> <b>1000 – 1100 Bag Training &amp; Sparring</b> <b>1100 – 1200 Kickboxing</b> <b>1200 – 1300 MMA</b>	
Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26	Saturday 27	Sunday 28
1700 – 1730 Little Dragons 1745 – 1830 Juniors 2000 – 2100 Kickboxing 2100 – 2200 Chow Gar	1800 – 1900 Bag Training & Sparring 1900 – 2000 Kickboxing 2000 – 2100 Kickercise	1200 – 1300 Kickboxing 1700 – 1730 Little Dragons 1745 – 1830 Juniors 1900 – 2000 MMA 2000 – 2100 Kickboxing 2100 – 2200 Chow Gar	1600 – 1630 Little Dragons 1645 – 1730 Juniors advanced 1800 – 1900 Filipino MA 1900 – 2000 Kickboxing 2000 – 2100 Kickercise	<b>MMA 1800-1900</b>	0900 – 0945 Little Dragons & Juniors <b>1000 – 1200 Kickboxing Grading</b> 1200 – 1300 Filipino MA	
Monday 29	Tuesday 30	Wednesday 31				
1000 – 1100 Tai Chi 1200 – 1300 Kickboxing 1700 – 1730 Little Dragons 1745 – 1830 Juniors 2000 – 2100 Kickboxing 2100 – 2200 Chow Gar	1800 – 1900 Bag Training & Sparring 1900 – 2000 Kickboxing 2000 – 2100 Kickercise	1200 – 1300 Kickboxing 1700 – 1730 Little Dragons 1745 – 1830 Juniors 1900 – 2000 MMA 2000 – 2100 Kickboxing 2100 – 2200 Chow Gar <b>GYM OPENED 3 YEARS</b>				