

# April 2019

Monday 01	Tuesday 02	Wednesday 03	Thursday 04	Friday 05	Saturday 06	Sunday 07
1000 – 1100 Tai Chi 1200 – 1300 Kickboxing 1600 – 1645 Mini Elements 1700 – 1730 Little Dragons 1745 – 1830 Juniors 1900 – 2000 MMA 2000 – 2100 Kickboxing 2100 – 2200 Chow Gar	1200 – 1300 Bag Training & Sparring 1600 – 1645 Mini Elements 1700 – 1745 Mini Elements 1800 – 1900 Bag Training & Sparring 1900 – 2000 Kickboxing 2000 – 2100 Boxing	1200 – 1300 Kickboxing 1600 – 1645 Mini Elements 1700 – 1730 Little Dragons 1745 – 1830 Juniors 1900 – 2000 MMA 2000 – 2100 Kickboxing 2100 – 2200 Chow Gar	1200 – 1300 Bag Training & Sparring 1600 – 1645 Mini Elements 1700 – 1730 Dragons Green Belt+ 1730 – 1800 Juniors Purple Belt+ 1800 – 1900 Boxing 1900 – 2000 Kickboxing	1200 – 1300 Kickboxing 1830 – 1930 MMA	0900 – 0930 Little Dragons 0930 – 1015 Juniors 1030 – 1130 Kickboxing 1130 – 1230 Bag Training & Sparring 1230 – 1330 Boxing 1400 – 1500 Mantis KungFu	<b>Squad Selection 0900 -1100</b>
Monday 08	Tuesday 09	Wednesday 10	Thursday 11	Friday 12	Saturday 13	Sunday 14
<b>Badge Week</b> 1000 – 1100 Tai Chi 1200 – 1300 Kickboxing 1600 – 1645 Mini Elements 1700 – 1730 Little Dragons 1745 – 1830 Juniors 1900 – 2000 MMA 2000 – 2100 Kickboxing 2100 – 2200 Chow Gar	<b>Badge Week</b> 1200 – 1300 Bag Training & Sparring 1600 – 1645 Mini Elements 1700 – 1745 Mini Elements 1800 – 1900 Bag Training & Sparring 1900 – 2000 Kickboxing 2000 – 2100 Boxing	<b>Badge Week</b> 1200 – 1300 Kickboxing 1600 – 1645 Mini Elements 1700 – 1730 Little Dragons 1745 – 1830 Juniors 1900 – 2000 MMA 2000 – 2100 Kickboxing 2100 – 2200 Chow Gar	<b>Badge Week</b> 1200 – 1300 Bag Training & Sparring 1600 – 1645 Mini Elements 1700 – 1730 Dragons Green Belt+ 1730 – 1800 Juniors Purple Belt+ 1800 – 1900 Boxing 1900 – 2000 Kickboxing	1200 – 1300 Kickboxing 1830 – 1930 MMA	<b>Badge Week</b> 0900 – 0930 Little Dragons 0930 – 1015 Juniors 1030 – 1130 Kickboxing 1130 – 1230 Bag Training & Sparring 1230 – 1330 Boxing 1400 – 1500 Mantis KungFu	
Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19	Saturday 20	Sunday 21
1000 – 1100 Tai Chi 1200 – 1300 Kickboxing 1600 – 1645 Mini Elements 1700 – 1730 Little Dragons 1745 – 1830 Juniors 1900 – 2000 MMA 2000 – 2100 Kickboxing 2100 – 2200 Chow Gar	1200 – 1300 Bag Training & Sparring 1600 – 1645 Mini Elements 1700 – 1745 Mini Elements 1800 – 1900 Bag Training & Sparring 1900 – 2000 Kickboxing 2000 – 2100 Boxing	1200 – 1300 Kickboxing 1600 – 1645 Mini Elements 1700 – 1730 Little Dragons 1745 – 1830 Juniors 1900 – 2000 MMA 2000 – 2100 Kickboxing 2100 – 2200 Chow Gar	1200 – 1300 Bag Training & Sparring 1600 – 1645 Mini Elements 1700 – 1730 Dragons Green Belt+ 1730 – 1800 Juniors Purple Belt+ 1800 – 1900 Boxing 1900 – 2000 Kickboxing	<b>Closed Bank Holiday</b>	0900 – 0930 Little Dragons 0930 – 1015 Juniors 1030 – 1130 Kickboxing 1130 – 1230 Bag Training & Sparring 1230 – 1330 Boxing 1400 – 1500 Mantis KungFu	
Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26	Saturday 27	Sunday 28
<b>Closed Bank Holiday</b>	1200 – 1300 Bag Training & Sparring 1600 – 1645 Mini Elements 1700 – 1745 Mini Elements 1800 – 1900 Bag Training & Sparring 1900 – 2000 Kickboxing 2000 – 2100 Boxing	1200 – 1300 Kickboxing 1600 – 1645 Mini Elements 1700 – 1730 Little Dragons 1745 – 1830 Juniors 1900 – 2000 MMA 2000 – 2100 Kickboxing 2100 – 2200 Chow Gar	1200 – 1300 Bag Training & Sparring 1600 – 1645 Mini Elements 1700 – 1730 Dragons Green Belt+ 1730 – 1800 Juniors Purple Belt+ 1800 – 1900 Boxing 1900 – 2000 Kickboxing	1200 – 1300 Kickboxing 1830 – 1930 MMA	0900 – 0930 Little Dragons 0930 – 1015 Juniors 1030 – 1130 Kickboxing 1130 – 1230 Bag Training & Sparring 1230 – 1330 Boxing 1400 – 1500 Mantis KungFu	<b>Squad 0930 -1100</b>
Monday 29	Tuesday 30					
1000 – 1100 Tai Chi 1200 – 1300 Kickboxing 1600 – 1645 Mini Elements 1700 – 1730 Little Dragons 1745 – 1830 Juniors 1900 – 2000 MMA 2000 – 2100 Kickboxing 2100 – 2200 Chow Gar	1200 – 1300 Bag Training & Sparring 1600 – 1645 Mini Elements 1700 – 1745 Mini Elements 1800 – 1900 Bag Training & Sparring 1900 – 2000 Kickboxing 2000 – 2100 Boxing					