

May 2019

		Wednesday 01	Thursday 02	Friday 03	Saturday 04	Sunday 05
		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	Squad 0900 - 1100
Monday 06	Tuesday 07	Wednesday 08	Thursday 09	Friday 10	Saturday 11	Sunday 12
Closed Bank Holiday	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 Felixstowe Grading	
Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17	Saturday 18	Sunday 19
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	Squad 0900 - 1100
Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24	Saturday 25	Sunday 2
Kids Badge Week 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	Kids Badge Week 1200 – 1300 Bag Training & Sparring 1600 – 1645 Mini Elements 1700 – 1745 Mini Elements 1800 – 1900 Bag Training & Sparring 1900 – 2000 Kickboxing 2000 – 2100 Boxing	Kids Badge Week 1200 – 1300 Kickboxing 1600 – 1645 Mini Elements 1700 – 1730 Little Dragons 1745 – 1830 Juniors 1900 – 2000 MMA 2000 – 2100 Kickboxing 2100 – 2200 Chow Gar	Kids Badge Week 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	Kids Badge Week 1200 – 1300 Kickboxing 1830 – 1930 MMA	Kids Badge Week 0900 – 0930 Little Dragons 0930 – 1015 Juniors 1030 – 1130 Kickboxing 1130 – 1230 Bag Training & Sparring 1230 – 1330 Boxing 1400 – 1500 Mantis KungFu WKO 5 Nations Tournament	
Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31		
Closed Bank Holiday	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		