

# June 2019

		Wednesday 01	Thursday 02	Friday 03	Saturday 01	Sunday 02
		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>MAASIF</b>
Monday 03	Tuesday 04	Wednesday 05	Thursday 06	Friday 07	Saturday 08	Sunday 09
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>Open Squad training 0930 – 1030 All welcome</b>
Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14	Saturday 15	Sunday 16
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 <b>0930 – 1030 Juniors White to Purple Belt Grading</b> <b>1030 – 1130 Juniors Purple to Black belt Grading</b> <b>1130 – 1230 Boxing</b> <b>1230 – 1400 – Adults Grading</b> 1400 – 1500 Mantis KungFu	<b>Squad 0900 - 1100</b>
Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21	Saturday 22	Sunday 23
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	
Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28	Saturday 29	Sunday 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	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	