

## MONDAY

18.00 - 19.30  
19.15 - 20.05

Aikido  
Fighting Fit

Jerdy  
Pierre/Aziz

Dojo  
Training hall 1

## TUESDAY

17.30 - 18.20  
20.00 - 21.30

Fighting Fit  
Pencak Silat

Marc/Aziz  
Dave

Training hall 1  
Dojo

## WEDNESDAY

## THURSDAY

17.30 - 18.20  
20.00 - 21.00

Fighting Fit  
Urban Self Defense

Pierre/Aziz  
Dave

Training hall 1  
Dojo

## FRIDAY

18.00 - 18.50  
19.45 - 21.45

Fighting Fit  
Naginata

Marc/Aziz  
Mark

Training hall 1  
Training hall 1

## SATURDAY

Tickets needed for all boxing and budo classes

\*Please bring your own gloves during Fighting Fit. If you do not own a pair, you are not required to purchase any.