

MONDAY

19.15 - 20.05

Fighting Fit

Pierre/Aziz

Training hall 1

TUESDAY

17.30 - 18.20

Fighting Fit

Marc/Aziz

Training hall 1

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.