



COOMBS

Timetable

From Monday 1st April 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
5:15					
5:30					
5:45					5:45
6:00	GROUP FITNESS 06:00-06:45		GROUP FITNESS 06:00-06:45		GROUP FITNESS 06:00-06:45
6:15					6:15
6:30					6:30
6:45	CARDIO BOXING SMASH 06:45-07:15		CARDIO BOXING SMASH 06:45-07:15		CARDIO BOXING SMASH 06:45-07:15
7:00					7:00
7:15					7:15
7:30					7:30
7:45					7:45
8:00					8:00
8:15					8:15
8:30					8:30
16:00			TINY TIGERS 3-4yrs 16:00-16:25		
16:15					16:15
16:30	TIGERS 5-8yrs KIDS MARTIAL ARTS 16:30-17:10	TIGERS 5-8yrs KIDS MARTIAL ARTS 16:30-17:10	TIGERS 5-8yrs KIDS MARTIAL ARTS 16:30-17:10	TIGERS 5-8yrs KIDS MARTIAL ARTS 16:30-17:10	
16:45					16:45
17:00					17:00
17:15	More Youth Programs to be Added	More Youth Programs to be Added	YOUTH SELF-DEFENCE 9-13yrs 17:15-18:00 <small>HAPKIDO MOOMOOKWAN</small>	YOUTH KOREAN SWORD 9-13yrs 17:15-18:00 <small>Kummooyeh</small>	
17:30					17:15
17:45					17:30
18:00					17:45
18:15	BEGINNER BRAZILIAN JIUJITSU 18:00-19:00 <small>EPIC BJJ</small>	ADULT KOREAN SWORD 18:00-19:00 <small>KUMMOOYEH</small>	BEGINNER BRAZILIAN JIUJITSU 18:00-19:00 <small>EPIC BJJ</small>	ADULT KOREAN SWORD 18:00-19:00 <small>KUMMOOYEH</small>	18:00
18:30					18:15
18:45					18:30
19:00					18:45
19:15		MEDIEVAL COMBAT 19:00-20:00		MEDIEVAL COMBAT 19:00-20:00	19:00
19:30					19:15
19:45					19:30
20:00					19:45
20:15					20:00
20:30					20:15
					20:30