



COOMBS

Timetable

From Monday 19th August 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	
5:45						5:45
6:00	GROUP FITNESS 06:00-06:45		GROUP FITNESS 06:00-06:45		GROUP FITNESS 06:00-06:45	6:00
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	6:45
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			16:00
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		16:30
16:45						
17:00						17:00
17:15	YOUTH BRAZILIAN JIU-JITSU 9-13yrs 17:15-18:00 <small>EPIC BJJ</small>	YOUTH KOREAN SWORD 9-13yrs 17:15-18:00 <small>Kummooyeh</small>	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>		17:15
17:30						
17:45						17:45
18:00						18:00
18:15	BRAZILIAN JIUJITSU 18:00-19:00 <small>EPIC BJJ</small>	ADULT KOREAN SWORD 18:00-19:00 <small>KUMMOOYEH</small>	BRAZILIAN JIUJITSU 18:00-19:00 <small>EPIC BJJ</small>	ADULT KOREAN SWORD 18:00-19:00 <small>KUMMOOYEH</small>		18:15
18:30						
18:45						18:45
19:00						19:00
19:15		MEDIEVAL COMBAT 19:00-20:00		MEDIEVAL COMBAT 19:00-20:00		19:15
19:30						
19:45						19:45
20:00						20:00
20:15						20:15
20:30						20:30