



# COOMBS

# Timetable

From Saturday 4th January 2025

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