



## Fitness Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.00am to 7.00am Fighting Fit Cross-fit		6.00am to 7.00am Fighting Fit Cross-fit		6.00am to 7.00am Fighting Fit Cross-fit	9.00am to 10.30am Fusion: Pump, Kickboxing & Tai Chi Chuan
9.30am Fitness Kickboxing	5.30pm Boxing	9.30am Pump & Stretch		9.30am Fitness Kickboxing	
6.00pm to 7.00pm Fitness Kickboxing	6.15pm to 7.00pm Stretching & Kicking		6.00pm to 7.00pm Fitness Kickboxing		

## Karate Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4.15pm to 5.00pm Little Ninjas 4yrs to 6yrs		4.15pm to 5.00pm Little Ninjas 4yrs to 6yrs			11.00am to 12.00pm Karate – All Ages & Levels
4.15pm to 5.00pm Little Dragons 7yrs to 12yrs		4.15pm to 5.00pm Little Dragons 7yrs to 12yrs	4.15pm to 5.00pm Karate with Jess All ages welcome	4.15pm to 5.00pm Kata Revision	
5.00pm to 5.50pm Young Samurai 12yrs to 16yrs		5.00pm to 5.50pm Young Samurai 12yrs to 16yrs		5.00pm to 6.00pm Black Belt Club (by invitation)	
7.00pm to 8.00pm Adult Karate		6.00pm to 7.00pm Adult Karate		6.00pm to 7.00pm Adult Karate	

## Kickboxing Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
	5.00pm to 5.50pm Family Kickboxing Kids & parents		5.00pm to 5.50pm Family Kickboxing Kids & parents	
7.00pm to 8.00pm Kickboxing Basics			7.00pm to 8.00pm Kickboxing Technique	

## Class Fees

- \$25 per week for all FFA classes (excluding Black Belt Club) to be set up as an auto payment for a minimum period of 1 year
- \$12 per class casual working
- \$10 per class casual student
- \$90 for a 10 class concession card
- \$28 per week for all classes including Black Belt Club to be set up as an auto payment for a minimum period of 1 year

Bank Details: Fighting Fit Academy 12-3056-0817953-00 (include your name as a reference)