

CLASS TIMETABLE

	Time	Class Title	Age Range
MONDAY	17:00 to 18:00	PRIZEFIGHTERS Kids Martial Arts	5+
	18:30 to 20:00	OSAKA Judo Club, Intermediates	Under 16s
	19:00 to 20:00	PRIZEFIGHTERS K1 Kickboxing	16+
	20:00 to 21:30	OSAKA Judo Club, Seniors	16+
	20:30 to 22:00	PHOENIX Mixed Seniors Kung Fu + Kickboxing	16+

TUESDAY	18:00 to 19:30	CARPE DIEM Krav Maga	16+
	18:30 to 19:50	OSAKA Judo Club, Intermediates	Under 16s
	18:00 to 19:00	PHOENIX Kids Kung Fu	5-12
	19:00 to 20:30	PHOENIX Ladies Kung Fu + Kickboxing	16+
	19:30 to 20:30	PRIZEFIGHTERS Brazilian Jiu-Jitsu	16+
	20:00 to 21:30	OSAKA Judo Club, Advanced	14+

WEDNESDAY	19:00 to 20:00	Urban Combat	18+
	18:30 to 19:45	PRIZEFIGHTERS Boxing	16+
	18:00 to 19:00	OSAKA Judo Club, Multi Skills	8+
	19:00 to 21:00	OSAKA Judo Club, Performance Class	14+

THURSDAY	17:30 to 18:30	OSAKA Judo Club, Beginners	Under 16s
	18:00 to 19:00	GRAPPLE MONKEY Kids Brazilian Jiu-Jitsu	5-8
	18:30 to 19:50	OSAKA Judo Club, Intermediates	Under 16s
	19:00 to 20:30	PRIZEFIGHTERS K1 Sparring	16+
	20:00 to 21:30	OSAKA Judo Club, Advanced	14+

FRIDAY	17:00 to 18:30	OSAKA Judo Club, Beginners	Under 16s
	18:30 to 20:00	PRIZEFIGHTERS Wrestling	16+
	19:00 to 20:30	OSAKA Judo Club, Seniors	16+

SATURDAY	09:00 to 10:00	GRAPPLE MONKEY Kids Brazilian Jiu-Jitsu	5+
	10:00 to 10:30	PRIZEFIGHTERS Brazilian Jiu-Jitsu	16+
	10:00 to 11:00	OSAKA Judo Club, Beginners	Under 16s
	10:30 to 11:00	PRIZEFIGHTERS Brazilian Jiu-Jitsu	16+
	10:30 to 12:00	ZEN MARTIAL ARTS Tae Kwon Do	6+

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