



COMBAT SPORTS CENTRE

Morning Timetable



Monday	7am Wake up - Workout					
Tuesday	7am Boxing Fitness					
Wednesday	7am Wake up - Workout	10.30am Fit Over 50				
Thursday	7am Boxing Fitness					
Friday	7am Wake up - Workout		10.30am Boxing Against Parkinson's			
Saturday	8am Over 35s Boxing	9am - Little Ninjas - Ladies Boxing	10am Beginners Kickboxing (8-13yrs)	11am -Advanced Kickboxing (8-13yrs) - Youth Grappling (8-15yrs)	12pm Boxing (All Ages) Technical Grappling (16+)	1pm Adults Boxing Sparring 18+ (invite only) - MMA Sparring (16+)
Sunday		9am Little Ninjas (4-7yrs)	10am Beginners Kickboxing (8-13yrs)	11am Advanced Kickboxing (8-13yrs)	12pm Boxing (All Ages) Beginners MMA	



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Evening Timetable

Monday	4.30pm Boxing Squad Training (Invite Only)	5pm Youth Grappling (8-15yrs)	6pm -Junior Boxing (8-13yrs) Technical Grappling (16+)	7pm -Adults Boxing (14+) -Live Grappling (16+)	8pm -Ladies Boxing -Adults Kickboxing (14+)
Tuesday	4pm Little Ninjas (5-7yrs)	5pm Little Ninjas (5-7yrs)	6pm Beginners Kickboxing (8-13yrs)	7pm Advanced Kickboxing (8-13yrs) Adults Beginner Boxing Sparring 18+	8pm -Kickboxing Sparring Drills -Black Belt Club
Wednesday	4.30pm Boxing Squad Training (Invite Only)	5pm Youth Grappling (8-15yrs)	6pm -Junior Boxing (8-13yrs) -Technical Grappling (16+)	7pm -Adults Boxing (14+) -Live Grappling (16+)	8pm -Adults Kickboxing (14+)
Thursday	4pm Little Ninjas (5-7yrs)	5pm Little Ninjas (5-7yrs)	6pm Beginners Kickboxing (8-13yrs)	7pm -Advanced Kickboxing (8-13yrs) -Adults Boxing Sparring 18+ (invite only)	8pm -Over 35s Boxing -Beginners MMA
Friday	4pm Little Ninjas (5-7yrs)	4.30pm Boxing Squad Training (Invite Only)	6pm -Kickboxing Sparring Drills -Boxing (All Ages) -Shootboxing (16+)		

www.combatsportscentre.co.uk