

Darlington Academy

TIMETABLE

Monday	
4:00 - 4:30pm	Lil Ninja's 4-6yrs
15 mins	Change over
4:45 - 5:30pm	Combat Kid's 6-9yrs
15 mins	Change over
5:45 - 6:30pm	Combat Kid's 9-14yrs
15 mins	Change over
6:45 - 7:30pm	Kickboxing - Beginners
15 mins	Change over
7:45 - 8:30pm	Kickboxing - Advanced
Tuesday	
12:00 - 1:00pm	Kickboxing - Open Class
4:00 - 4:30pm	Lil Ninja's 4-6yrs
15 mins	Change over
4:45 - 5:30pm	Combat Kid's 6-9yrs
15 mins	Change over
5:45 - 6:30pm	Combat Kid's 9-14yrs
15 mins	Change over
6:45 - 7:30pm	BR & BL Belt Grading Prep
15 mins	Change over
7:45 - 8:30pm	10th Planet Jiu-Jitsu
Wednesday	
4:45 - 5:30pm	Combat Kid's 6-9yrs
15 mins	Change over
5:45 - 6:30pm	Combat Kid's 9-14yrs
15 mins	Change over
6:45 - 7:30pm	Kickboxing - Beginners
15 mins	Change over
7:45 - 8:30pm	Kickboxing - Advanced

Thursday	
12:00 - 1:00pm	Kickboxing - Open Class
4:00 - 4:30pm	Lil Ninja's 4-6yrs
15 mins	Change over
4:45 - 5:30pm	Combat Kid's 6-9yrs
15 mins	Change over
5:45 - 6:30pm	Combat Kid's 9-14yrs
6:45 - 7:30pm	Self-defence Class
7:45 - 8:30pm	10th Planet Jiu-Jitsu
Friday	
4:30 - 5:00pm	Lil Ninja's 4-6yrs
15 mins	Change over
5:15 - 6:00pm	Combat Kid's 6-14yrs
15 mins	Change over
6:15 - 7:00pm	10th Planet Jiu-Jitsu
15 mins	Change over
7:15 - 8:00pm	Kickboxing - Sparring drills
Saturday	
9:30 - 10:00am	Lil Ninja's 4-6yrs
15 mins	Change over
10:15 - 11:00am	Combat Kid's 6-14yrs
15 mins	Change over
11:15am - 12:00	Kickboxing - Open Class

Please come ready to train just before your class starts.



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