


Monday	Tuesday	Wednesday	Thursday	
				Friday
	evolution MARTIAL ARTS ACADEMY			Lil Ninjas Age 4 - 6 (4:30 to 5pm)
	UNIT ONE, BANKS HOUSE, BANKS ROAD, DARLINGTON, DL1 1YA			Combat Kids - Age 6 - 14 (5pm to 6pm)
	Combat Kickboxing/MMA Open Class - (12noon to 1pm)		Combat Kickboxing/MMA Open Class - (12noon to 1pm)	10th Planet Jiu Jitsu (6pm-7pm)
	Kettlercise (1:15pm to 2:15pm)		Kettlercise (1:15pm to 2:15pm)	Sparring Kickboxing 7pm - 7:45pm)
Lil Ninjas Age 4 - 6 (3:45 to 4:15pm)	Lil Ninjas Age 4 - 6 (3:45 to 4:15pm)		Lil Ninjas Age 4 - 6 (3:45 to 4:15pm)	Self defence Class - (7:45 to 8:30pm)
Lil Ninjas Age 4 - 6 (4:15 to 4:45pm)	Lil Ninjas Age 4 - 6 (4:15 to 4:45pm)		Lil Ninjas Age 4 - 6 (4:15 to 4:45pm)	Saturday
Combat Kids - Age 6 - 9 (4:45 to 5:30pm)	Combat Kids - Age 6 - 9 (4:45 to 5:30pm)	Combat Kids - Age 6 - 9 (4:45 to 5:30pm)	Combat Kids - Age 6 - 9 (4:45 to 5:30pm)	Lil Ninjas Age 4 - 6 (9:30am to 10am)
Combat Kids - Age 9 - 14 (5:30 to 6:30pm)	Combat Kids - Age 9 - 14 (5:30 to 6:30pm)	Combat Kids - Age 9 - 14 (5:30 to 6:30pm)	Combat Kids - Age 9 - 14 (5:30 to 6:30pm)	Kickboxing Sparring - Age 6 - 14 (10am to 11am)
Combat Kickboxing/MMA Beg - (6:30 to 7:30pm)	Combat Kids - Brown/Black Belts Only - (6:30 to 7:30pm)	Combat Kickboxing/MMA Beg (6:30 to 7:30pm)	Combat Kids - Brown/Black Belts Only - (6:30 to 7:30pm)	Combat Kickboxing/MMA Open Class - (11am to 12)
Combat Kickboxing/MMA Adv - (7:30 to 8:30pm)	10th Planet No Gi Jiu Jitsu Beg - (7:30 to 8:30pm) Adv - (7:30 to 9pm)	Combat Kickboxing/MMA Adv - (7:30 to 8:30pm)	10th Planet No Gi Jiu Jitsu Beg - (7:30 to 8:30pm) Adv - (7:30 to 9pm)	Sunday

Junior Memberships per month
£39 - Unlimited classes

Adult Memberships per month
£43 - Unlimited classes

discounts for family
members & reduced
training

ALL MEMBERSHIPS INCLUDE:
INSURANCE, LICENSE, GI &
GRADING FEES ALL INCLUDED

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