



FIGHTING LYONS

TAEKWONDO TIMETABLE 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TKD: Little Cubs White/Yellow Belt 4:00-4:45pm	TKD: Little Cubs White/Yellow Belt 4:00-4:45pm	TKD: Little Cubs White/Yellow Belt 4:00-4:45pm			TKD: Little Cubs Mixed Beginners 9:00-9:45am
TKD: Jnr Lions Red Belt/Black Belt 4:45-5:45pm	TKD: Jnr Lions Yellow/Blue Belt 4:45-5:45pm	TKD: Jnr Lions Red Belt/Black Belt 4:45-5:45pm			TKD: Jnr Lions White/Yellow Belt 9:45-10:30am
TKD: Jnr Lions White/Yellow Belt/Blue Belt 5:45-6:45pm		TKD: Jnr Lions White/Yellow Belt/Blue Belt 5:45-6:45pm			TKD: Jnr Lions Blue Belt 10:30-11:15am
					TKD: Jnr Lions Red/Black Belt 11:15-12:00pm

TAEKWONDO GROUPS	
Little Cubs	4-6 Years Old
Junior Lions	7-18 Years Old

BOXING TIMETABLE 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Boxing Cardio With Child Minding 9:30-10:15am	Boxing Cardio No Child Minding 9:30-10:15am	Boxing Cardio With Child Minding 9:30-10:15am	Boxing Cardio No Child Minding 9:30-10:15am	Boxing Cardio With Child Minding 9:30-10:15am
Junior Boxing Technical Boxing 5:00-6:00pm	Junior Boxing Technical Boxing 5:00-6:00pm	Junior Boxing Technical Boxing 5:00-6:00pm	Junior Boxing Technical Boxing 5:00-6:00pm	Boxing Sparring Open Mat Sparring 5:30-8:00pm
Senior Boxing Technical Boxing 6:00-7:00pm	Senior Boxing Technical Boxing 6:00-7:00pm	Senior Boxing Technical Boxing 6:00-7:00pm	Senior Boxing Technical Boxing 6:00-7:00pm	
Boxing Cardio Group Fitness 7:00-8:00pm	Boxing Cardio Group Fitness 7:00-8:00pm	Boxing Cardio Group Fitness 7:00-8:00pm	Boxing Cardio Group Fitness 7:00-8:00pm	

BOXING GROUPS	
Junior Boxing	6-12 Years Old
Senior Boxing	13+ Years Old
Boxing Cardio	13+ Years Old

Key/Legend

No Booking Required*	Online Booking Required*	Membership Required

*membership option for JNR/SNR Ninja