



**FIGHTING  
LYONS**

## 2020 TIMETABLE

### TAEKWONDO TIMETABLE 2020

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

#### TAEKWONDO GROUPS

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

### BOXING TIMETABLE 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Boxing Cardio Free Play for Children 9:30-10:15am	Boxing Cardio No Child Minding 9:30-10:15am	Boxing Cardio Free Play for Children 9:30-10:15am	Boxing Cardio No Child Minding 9:30-10:15am	Boxing Cardio Free Play for Children 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	Boxing Sparring Open & Advanced Sparring 4:00-7:00pm
Senior Boxing Technical Boxing 6:00-7:00pm	Senior Boxing Technical Boxing 6:00-7:00pm	Senior Boxing Technical Boxing 6:00-7:00pm	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