

FIGHTING LYONS

TIMETABLE 2021: TERM TWO (NOT INCLUDING SCHOOL HOLIDAYS)

2021 Taekwondo & Acrobatics Timetable

MON	TUES	WED	THURS	FRI	SAT	
TKD: Jnr Lions <i>White/Yellow</i> 4:30-5:30pm	Acro: Small Springers <i>Mixed Level</i> 4:00 – 4:45pm	TKD: Little Cubs <i>White/Purple/ Green/Orange</i> 4:00-4:45 pm	No Classes Available	No Classes Available	TKD: Little Cubs <i>White/Purple/ Green/Orange</i> 9:00-9:45am	Acro: Small Springers <i>Mixed Level</i> 9:00 – 9:45am
TKD: Jnr Lions <i>Blue</i> 5:30-6:30pm	Acro: Fast Rollers <i>Mixed Level</i> 5:00 – 5:45pm	No Classes Available	No Classes Available	No Classes Available	TKD: Jnr Lions <i>White/Yellow Belt</i> 10:00am - 11:00am	Acro: Fast Rollers <i>Mixed Level</i> 10:00 – 10:45am
TKD: Snr+ Jnr Black Belt <i>Black Belt</i> 6:30 – 7:30pm	No Classes Available	TKD: Snr+Jnr Lions <i>Black Belt</i> 6:00 – 7:00pm	No Classes Available	No Classes Available	TKD: Jnr Lions <i>Blue</i> 11:00 – 12:00am	No Classes Available
TKD: Snr Lions <i>Mixed Belt Level</i> 7:30 – 8:30pm	No Classes Available	TKD: Snr Lions <i>Mixed</i> 7:00 – 8:00pm	No Classes Available	No Classes Available	No Classes Available	No Classes Available

TAEKWONDO GROUPS: Online Booking Required		ACROBATIC GROUPS: Online Booking Required	
Little Cubs	4-6 Year Olds	Small Springers	5-8 Year Olds
Junior Lions	7-15 Year Olds	Fast Rollers	9-18 Year Olds
Senior Lions	15+		
Senior Black Belt	15+ Black +Red Belt Only		

Boxing/Fitness/Yoga Timetable

MON	TUES	WED	THURS	FRI
No Classes Available	HIIT Group Fitness 6:30 – 7:15am	No Classes Available	No Classes Available	Box-HIIT Cardio/HIIT Hybrid Child Free Play (2-4 Year Olds) 6:30-7:15am
HIIT Child Free Play (2-4 Year Olds) 9:30 – 10:15am	Box-HIIT Cardio/HIIT Hybrid Child Free Play (2-4 Year Olds) 9:30 – 10:15am	HIIT Child Free Play (2-4 Year Olds) 9:30 – 10:15am	Box-HIIT Cardio/HIIT Hybrid Child Free Play (2-4 Year Olds) 9:30 – 10:15am	Box-HIIT Cardio/HIIT Hybrid Child Free Play (2-4 Year Olds) 9:30 – 10:15am
No Classes Available	No Classes Available	Yoga 12:45 – 1:45pm	No Classes Available	No Classes Available
No Classes Available	No Classes Available	Yoga 2:00 – 3:00pm	No Classes Available	
JNR Boxing Technical Boxing 5:00 – 5:45pm	No Classes Available	No Classes Available	JNR Boxing Technical Boxing 5:00 – 5:45pm	
Boxing Technical Technical Boxing 6:00 – 6:45pm	Boxing Technical Technical Boxing 6:00 – 6:45pm	Boxing Technical Technical Boxing 6:00 – 6:45pm	Boxing Technical Technical Boxing 6:00 – 6:45pm	
		Yoga 6:30 – 7:30pm	HIIT Group Fitness 6:00 – 6:45pm	
Boxing Cardio Group Fitness 7:00 – 7:45pm	Boxing Cardio Group Fitness 7:00 – 7:45pm	Boxing Cardio Group Fitness 7:00 – 7:45pm	Boxing Cardio Group Fitness 7:00 – 7:45pm	

BOXING GROUPS: Online Booking Required	
Junior Boxing	6-12 Year Olds
Boxing Technical	13+ Year Olds
Boxing Cardio	13+ Year Olds
HIIT	13+ Year Olds
Box-HIIT	13+ Year Olds

Toddler & Pre-Schooler Timetable

Mon	Tues	Wed	Thurs	Fri
Mini Acro Acrobatics/Gymnastics 10:45– 11:30pm	Mini Acro Acrobatics/Gymnastics 10:45– 11:30pm	Mini Acro Acrobatics/Gymnastics 10:45– 11:30pm	Mini Acro Acrobatics/Gymnastics 10:45– 11:30pm	Mini Acro Acrobatics/Gymnastics 10:45– 11:30pm
Mini Ninja Ninja Warrior 12:00 – 12:45pm	Mini Ninja Ninja Warrior 12:00 – 12:45pm	Mini Ninja Ninja Warrior 12:00 – 12:45pm	Mini Ninja Ninja Warrior 12:00 – 12:45pm	Mini Ninja Ninja Warrior 12:00 – 12:45pm
				Little Cubs Dance Club Mixed Style Dance 1:00 – 1:45pm

Toddler & Pre-Schooler: Online Booking Required	
Mini Acro	2-4 Year Olds
Mini Ninja	3-5 Year Olds
Little Cubs Dance Club	2-5 Year Olds

Ninja Warrior Timetable

MON	TUES	WED	THURS	FRI	SAT
No Classes Available	JNR Ninja: Recreational Class 6:00 – 6:45pm	No Classes Available	JNR Ninja: Recreational Class 4:00 – 4:45pm	JNR Ninja: Recreational Class 4:00 – 4:45pm	JNR Ninja: Recreational Class 11:30 – 12:15pm
	SNR Ninja: Recreational Class/Open Mat 7:00 – 9:00pm		JNR Ninja: Recreational Class 5:00 – 5:45pm	JNR Ninja: Recreational Class 5:00 – 5:45pm	JNR Ninja: Recreational Class 12:30 – 1:15pm
	No Classes Available		No Classes Available	No Classes Available	Sensory Ninja: Open Play 1:30 – 2:15pm
			SNR Ninja: Recreational Class/Open Mat 7:00 – 9:00pm		No Classes Available

Lyons Ninja Warrior: Online Booking Required	
Junior Ninja	5-13 Years Old
Advanced Ninja	8-14 Years Old
Sensory Ninja	5-13 Years Old
Senior Ninja	13+ Years Old