

# FIGHTING LYONS

## TIMETABLE 2021: TERM TWO

### 2021 Taekwondo & Acrobatics Timetable

MON	TUES	WED	THURS	FRI	SAT	
TKD: Jnr Lions White/Yellow/Blue Belt 4:30-5:30pm	Acro: Small Springers Mixed Level 4:00 – 4:45pm	TKD: Little Cubs White/Purple/Green/Orange 4:00-4:45 pm	No Classes Available	No Classes Available	TKD: Little Cubs White/Purple/Green/Orange 9:00-9:45am	Acro: Small Springers Mixed Level 9:00 – 9:45am
	Acro: Fast Rollers Mixed Level 5:00 – 5:45pm	TKD: JNR+ SNR <u>Patterns only</u> Blue/Red/Black Belt 5:00pm-6:00pm	No Classes Available	No Classes Available	TKD: Jnr Lions White/Yellow/Blue Belt 10:00am -11:00am	Acro: Fast Rollers Mixed Level 10:00 – 10:45am
TKD: Snr+ Jnr Black Belt Red - Black Belt 6:30 – 7:30pm	No Classes Available	TKD: Snr+Jnr Lions Red - Black Belt 6:00 – 7:00pm	No Classes Available	No Classes Available	TKD: JNR+ SNR <u>Patterns only</u> Blue/Red/Black Belt 11:00 – 12:00pm	No Classes Available
TKD: Snr Lions Mixed Belt Level 7:30 – 8:30pm	No Classes Available	TKD: Snr Lions Mixed Belt Level 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	<b>HIIT</b> Group Fitness 6:30 – 7:15am	No Classes Available	No Classes Available	<b>Box-HIIT</b> Cardio/HIIT Hybrid Child Free Play (2-4 Year Olds) <b>6:30-7:15am</b>
<b>HIIT</b> Child Free Play (2-4 Year Olds) <b>9:30 – 10:15am</b>	<b>Box-HIIT</b> Cardio/HIIT Hybrid Child Free Play (2-4 Year Olds) <b>9:30 – 10:15am</b>	<b>HIIT</b> Child Free Play (2-4 Year Olds) <b>9:30 – 10:15am</b>	<b>Box-HIIT</b> Cardio/HIIT Hybrid Child Free Play (2-4 Year Olds) <b>9:30 – 10:15am</b>	<b>Box-HIIT</b> Cardio/HIIT Hybrid Child Free Play (2-4 Year Olds) <b>9:30 – 10:15am</b>
No Classes Available	No Classes Available	<b>Yoga</b>  12:45 – 1:45pm	No Classes Available	No Classes Available
No Classes Available	No Classes Available	<b>Yoga</b>  2:00 – 3:00pm	No Classes Available	
<b>JNR Boxing</b> Technical Boxing <b>5:00 – 5:45pm</b>	No Classes Available	No Classes Available	<b>JNR Boxing</b> Technical Boxing <b>5:00 – 5:45pm</b>	
<b>Boxing Technical</b> Technical Boxing <b>6:00 – 6:45pm</b>	<b>Boxing Technical</b> Technical Boxing <b>6:00 – 6:45pm</b>	<b>Boxing Technical</b> Technical Boxing <b>6:00 – 6:45pm</b>  <b>Yoga</b>  6:30 – 7:30pm	<b>Boxing Technical</b> Technical Boxing <b>6:00 – 6:45pm</b>  <b>HIIT</b> Group Fitness 6:00 – 6:45pm	
<b>Boxing Cardio</b> Group Fitness <b>7:00 – 7:45pm</b>	<b>Boxing Cardio</b> Group Fitness <b>7:00 – 7:45pm</b>	<b>Boxing Cardio</b> Group Fitness <b>7:00 – 7:45pm</b>	<b>Boxing Cardio</b> Group Fitness <b>7:00 – 7:45pm</b>	

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

### Toddler & Pre-Schooler Timetable

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

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

### Ninja Warrior Timetable

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