

FIGHTING LYONS

TIMETABLE 2021

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		No Classes Available	No Classes Available	TKD: Jnr Lions White/Yellow Belt/Blue Belt 10:00am -11:00am	Acro: Fast Rollers Mixed Level 10:00 – 10:45am
TKD: Snr Lions + Black Belts Mixed Belt 6:30 – 7:30pm	No Classes Available	TKD: Snr Lions + Black Belts Mixed Belt 6:00 – 7:00pm	No Classes Available	No Classes Available	TKD: Belt Pattern Classes Mixed Belt Pattern Training 11:00 – 12:00pm	No Classes Available
	No Classes Available		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
Taekwondo - Patterns	4+ Year Olds		
Senior Lions	15+		

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

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

Boxing/Fitness/Yoga Timetable

MON	TUES	WED	THURS		Friday
No Classes Available	HIIT High Intensity Interval Training 6:30 – 7:15am	No Classes Available	No Classes Available		Boxing Cardio: Group Fitness 6:30 – 7:15am
Total Body Workout Child Free Play (2-4 Year Olds) 9:30 – 10:15am	Box-HIIT Boxing + HIIT Hybrid Child Free Play (2-4 Year Olds) 9:30 – 10:15am	Total Body Workout Child Free Play (2-4 Year Olds) 9:30 – 10:15am	Box-HIIT Boxing + HIIT Hybrid Child Free Play (2-4 Year Olds) 9:30 – 10:15am		Total Body Workout Child Free Play (2-4 Year Olds) 9:30 – 10:15am
JNR Boxing: 5-8 Years Old Technical Boxing 4:00 – 4:45pm	No Classes Available	No Classes Available	JNR Boxing: 5-8 Years Old Technical Boxing 4:00 – 4:45pm		No Classes Available
JNR Boxing: 9-14 Years Old Technical Boxing 5:00 – 5:45pm	No Classes Available	Teen Technical Boxing Technical Boxing 5:00 – 5:45pm	JNR Boxing: 9-14 Years Old Technical Boxing 5:00 – 5:45pm		No Classes Available
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	HIIT High Intensity Interval Training 6:00 – 6:45pm	No Classes Available
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		No Classes Available

BOXING GROUPS: Online Booking Required	
Junior Boxing (5-8 Years Old)	5-8 Year Olds
Junior Boxing (9-14 Year Old)	9-14 Year Olds
Teen Technical	13 - 16 Year Olds
Boxing Technical	16+ Year Olds
Boxing Cardio	13+ Year Olds
Total Body Workout	13+ Year Olds
Box-HIIT	13+ 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	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