

			Single Lesson		Double Lesson	
			Members	Non Members	Members	Non Members
Monday	Kickboxing Advanced	6.30-7.30pm	£3.50	£4.50		
Monday	Kickboxing Beginners	7.30 -8.30pm	£3.50	£4.50	£5.50	£7.50
Tuesday	Kickboxing Advanced	6.30-7.30pm	£3.50	£4.50		
Tuesday	Kickboxing Beginners	7.30-8.30pm	£3.50	£4.50	£5.50	£7.50
Tuesday	Sparring	6.30-7.30pm	£3.50	£3.50		
Wednesday	Boxercise	6.00-6.45pm	£3.50	£3.50		
Wednesday	Circuit Training	7.00-7.45pm	£3.50	£3.50	£5.00	£5.00
Wednesday	Kickboxercise	6.00-6.45pm	£3.50	£3.50		
Wednesday	Sparring & workout	7.00-8.00pm	£3.50	£3.50	£5.00	£5.00
Thursday	Kickboxing Advanced	6.30-7.30pm	£3.50	£4.50		
Thursday	Kickboxing Beginners	7.30-8.30pm	£3.50	£4.50	£5.50	£7.50
Saturday	Little Ninjas	10.00-10.30	***			
Saturday	Circuit training	10.45-11.30	£3.50	£3.50		
All kids 12 and under			£2.50	£3.50	£4.00	£6.50

Kids over 14 only for circuit training

*** 10 Week course £30.00 includes suit.