

Effective as 1st March 2010

Grimsby Martial Arts Academy

	Monday	Tuesday	Wednesday	Thursday	Saturday
First Floor Gym	6.30 - 7.30pm Kickboxing advanced Mixed	6.30 - 7.30pm Kickboxing advanced Womens only	6.00 - 6.45pm Boxercise Womens Only	6.30 - 7.30pm Kickboxing Advanced Mixed	10.00 - 10.30am Little Ninja's 5-10 years
	7.30 - 8.30pm Kickboxing beginners Mixed	7.30 - 8.30pm Kickboxing beginners Womens only	7.00 - 7.45pm Circuit training Mixed	7.30-8.30pm Kickboxing beginners Mixed	10.45 - 11.30am Circuit training

Ground Floor Gym

- Advanced workout (technical skill needed)
- Beginners - Intermediate.
- Beginners.

6.30 - 7.30pm Kickboxing & Boxing Sparring beginners - advanced	6.00 - 6.45pm Kickboxercise Mixed
	7.00 - 7.45pm Kickboxing & Boxing Sparring beginners - advanced

Children over 14 only for circuit training.