

May 2008 Timetable

01343546521 www.ksok.co.uk

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Times	Saturday
9:30 am 10:00 am	Early Birds Fitness	Early Birds Fitness	Early Birds Fitness	Early Birds Fitness	Early Birds Fitness	9:00 am 9:45 am	Fitness Circuits
10:00 am 11:00 am		Fitness Kickboxing		Fitness Kickboxing		10:00 am 11:15 am	Elite (invite only)
4:15 pm 4:45 pm	Kaizen Tigers		Kaizen Tigers		Kaizen Tigers	11:30 am 12:15 pm	Open Sparring
4:45 pm 5:30 pm	Padawan's Sparring Class BBC Only		Padawan's Fun and Fitness		Padawan's Back to Basics		
5:15pm 6:00pm		Padawan's and Junior Jedi Kickin Class BBC only		Padawan's and Junior Jedi Fitness			
5:30 pm 6:15 pm	Junior Jedi Points Sparring BBC only		Junior Jedi Technical		Junior Jedi Light Contact BBC only		
6:00 pm 6:45 pm		Fitness Kickboxing		Fitness Kickboxing			
6:15 pm 7:00 pm	Teen / Adult Semi contact Pad Class		Fitness Circuits		Teen / Adult Light contact Pad Class		
7:00 pm 7:45 pm	Fitness Kickboxing		Beginner Sparring BBC only		Sparring Elite / Adv BBC only		
7:45 pm 8:30 pm	Baggy T's		Baggy T's				