

# CRAWLEY MARTIAL ARTS ACADEMY

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		9am - 10am	10am - 11am	11am - 12pm	12pm - 1pm	1pm - 2pm	2pm - 3pm	3pm - 4pm	4pm - 5pm	5pm - 6pm	6pm - 7pm	7pm - 8pm	8pm - 9pm	9pm - 10pm		
<b>MONDAY</b>			9.30 - 10.30 KOMBAT FITNESS		12.15 - 12.45 KOMBAT HIIT				4.00 - 4.45 KIDS THAI AGE 4-7	5.00 - 6.00 JUNIOR & TEENS THAI BOXING AGE 8+	6.15 - 7.45 THAI BOXING		8.00 - 9.30 THAI BOXING FIGHTERS CLASS			<b>MONDAY</b>
					12.00 - 1.00 BJJ				4.30 - 5.15 KIDS BJJ AGE 7-11	5.15 - 6.00 JUNIORS BJJ AGE 12-16	6.00 - 7.00 BJJ FUNDAMENTALS	7.00 - 8.00 ADULT BJJ BEGINNERS	8.00 - 9.00 ADULT BJJ ADVANCED			
<b>TUESDAY</b>			9.30 - 10.30 KOMBAT FITNESS		12.15 - 12.45 KOMBAT HIIT				4.00 - 4.45 KIDS THAI AGE 4-7	5.00 - 6.00 JUNIOR & TEENS THAI BOXING AGE 8+	6.15 - 7.30 THAI BOXING ALL LEVELS		7.30 - 8.30 BOXING		<b>TUESDAY</b>	
											6.00 - 6.45 KOMBAT CONDITIONING	7.00 - 8.00 LADIES ONLY THAI BOXING				
<b>WEDNESDAY</b>			9.30 - 10.30 KOMBAT FITNESS		12.15 - 12.45 KOMBAT HIIT				4.00 - 4.45 KIDS THAI AGE 4-7	5.00 - 6.00 JUNIOR & TEENS THAI BOXING AGE 8+	6.15 - 7.45 THAI BOXING		8.00 - 9.30 THAI BOXING FIGHTERS CLASS			<b>WEDNESDAY</b>
					12.00 - 1.00 BJJ				4.30 - 5.15 KIDS BJJ AGE 7-11	5.15 - 6.00 JUNIORS BJJ AGE 12-16	6.00 - 7.00 BJJ FUNDAMENTALS	7.00 - 8.00 ADULT BJJ BEGINNERS	8.00 - 9.00 ADULT BJJ ADVANCED			
<b>THURSDAY</b>			9.30 - 10.30 KOMBAT FITNESS		12.15 - 12.45 KOMBAT HIIT				4.00 - 4.45 KIDS THAI AGE 4-7	5.00 - 6.00 JUNIOR & TEENS THAI BOXING AGE 8+	6.15 - 7.30 THAI BOXING ALL LEVELS		7.30 - 8.30 BOXING		<b>THURSDAY</b>	
											6.00 - 6.45 KOMBAT CONDITIONING	7.00 - 8.00 WRESTLING	8.00 - 9.00 MMA			
<b>FRIDAY</b>			9.30 - 10.30 KOMBAT FITNESS		12.15 - 12.45 KOMBAT HIIT						6.15 - 7.45 THAI BOXING				<b>FRIDAY</b>	
					12.00 - 1.00 BJJ OPEN MAT				4.15 - 5.00 KIDS NO GI BJJ AGE 4-7	5.00 - 6.00 KIDS NO GI BJJ AGE 8-16	6.00 - 7.30 ADULT NO GI BJJ					
<b>SATURDAY</b>			10.00 - 11.00 THAI BOXING	11.00 - 11.45 SPARRING	12.00 - 1.00 KIDS THAI BOXING ALL AGES	1.00 - 2.00 LADIES THAI BOXING									<b>SATURDAY</b>	
		9.00 - 10.00 WRESTLING	10.00 - 11.30 MMA		12.15 - 1.00 LADIES KOMBAT FITNESS											
<b>SUNDAY</b>			10.00 - 11.00 BOXING	11.00 - 12.00 COURSE 1 THAI BEGINNERS	12.00 - 1.00 COURSE 2 THAI BEGINNERS		2.00 - 3.00 THAI BOXING								<b>SUNDAY</b>	
			10.00 - 11.30 BJJ ALL LEVELS													

Personal Training Available Seven Days A Week