



ProActive Martial Arts timetable

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
-	9:30am Adult fitness	-	-	-	9:00am 3 - 4 year olds
-	-	12:30pm Adult fitness	-	-	9:45am 3 - 4 year olds
-	-	-	-	-	10:30am 5 - 6 year olds
-	-	4:15pm 5 - 6 year olds	-	-	11:15am 7+ kids/teens/adults
4:45pm Intermediate kids	4:45pm Beginner kids	4:45pm Beginner kids	4:45pm Intermediate kids	-	12:00pm Fitness session 7+
5:30pm Beginner kids	5:30pm Intermediate kids	5:30pm Intermediate kids	5:30pm Beginner kids	-	-
6:30pm Teens	6:30pm Teens	6:30pm Teens	6:30pm Teens	-	-
7:30pm Adults	7:30pm Adults	7:30pm Adults	7:30pm Adults	-	-