

Jubilee Sports Events Timetable

Mon					Kung Fu age 6+ 17:30 - 18:30	Jujitsu Dan Grades 18:30 - 19:30	PIYO Hardcore Results 19:30 - 20:30	
Tue				Shotokan Karate age 6+ 17:00 - 18:00	Shotokan Karate age 6+ 18:00 - 19:00	Spirit MMA age 13+ 19:00 - 20:30		
Wed				Thai Boxing age 5+ 17:00 - 18:00	Thai Boxing age 11+ 18:00 - 19:30		Ashtanga Yoga age 13+ 19:30 - 20:30	
Thur			Kids Club Private 15:45 - 16:45			Jujitsu age 3 – 6 17:30 - 18:30	Jujitsu age 7 – 13 18:30 - 19:30	Jujitsu age 13+ 19:30 - 21:00
Fri			Kids Yoga Age 2-8 16:00 - 16:45	Kids Yoga Age 8-14 17:00 - 17:45	Judo age 6+ 18:00 - 19:00			
Weekend Events								
Sat	HIIT Circuit Training 8:00 - 9:00	Open Mat Open to all 9:00 - 10:00	Aikido age 14+ 10:15 - 11:45		Birthday Party Available 13:00 – 15:00		Birthday Party Available 16:00 – 18:00	
Sun	Knockdown Karate 8:00 - 9:30	Beginner 9:30 - 10:00	EWF - Martial Arts Juniors 10:00 - 11:00 Seniors 11:00 - 12:00		Iaido Japanese Sword 18:00 - 19:00		Jujitsu age 13+ 19:00 - 21:00	

