

EVADE AREA 1

MONDAY					4.00pm Little Ninjas Level 1	5.00pm BJJ – No Gi Teen Beginners	6.00pm BJJ – No Gi Adults Beginners	7.15pm BJJ – No Gi Adults Int / Adv
TUESDAY					4.00pm Freestyle Cadets Basic	5.00pm Freestyle Cadets BBM	6.00pm Kickboxing Adults Intermediate	7.15pm Kickboxing Adults Advanced
WEDNESDAY					4.00pm Little Ninjas Level 1		6.00pm BJJ – Gi Adults Beginners	7.15pm BJJ - Gi Adults Int/Adv
THURSDAY					4.00pm Freestyle Cadets Basic	5.00pm Freestyle Cadets BBM	6.00pm MMA Adults Int/Adv	7.15pm Kickboxing Adults Advanced
FRIDAY								
SATURDAY	9.00am Freestyle Cadets Basic	10.00am Freestyle Cadets Masters	11.00am Sparring Adults Adv					
SUNDAY	8.45am Open Mat Adults All	10.00am Little Ninjas Level 1	11.00am Little Ninjas Level 2	12.00pm Kickboxing Ladies Only All	1.00pm Kickboxing Adults Int / Adv			

Evade Martial Arts – “The North’s leading school for Martial Arts and Fitness training”
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