

EVADE AREA 1

MONDAY					4.00pm Little Ninjas Level 1	5.00pm BJJ – Gi Cadet Int/Adv	6.00pm Fit Kickbox Adults Int/Adv	7.15pm BJJ – No Gi Adults Int/Adv
TUESDAY					4.00pm Freestyle Cadets Basic	5.00pm Freestyle Cadets BBM	6.00pm Kickboxing Adults Intermediate	7.30pm MMA Adults Fundamentals
WEDNESDAY					4.00pm Little Ninjas Level 1		6.00pm Fit Kickbox 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		12.15pm Little Ninjas Level 1	1.15pm Little Ninjas Level 2			
SUNDAY	8.45am Open Mat Adults All	10.00am Little Ninjas Level 1	11.00am Little Ninjas Level 2		1.00pm Kickboxing Adults Int / Adv			

Evade Martial Arts – “The North’s leading school for Martial Arts and Fitness training”
www.evademartialarts.co.uk / info@evademartialarts.co.uk – 01457 833987