

EVADE AREA 3

MONDAY						5.00pm Little Ninjas Level 2	6.00pm Kickboxing Adults Intermediate	7.15pm Kickboxing Adults Beginners
TUESDAY							6.00pm Kickboxing Adults Beginners	
WEDNESDAY								
THURSDAY							6.00pm Kickboxing Adults Beginners	
FRIDAY								
SATURDAY	8.30am Bag Blast Adults All				1.15pm Little Ninjas Level 2			
SUNDAY					1.00pm Kickboxing Adults Beginners			

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