

EVADE AREA 3

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

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