EVADE AREA 3

| MONDAY | | | | 5.00pm | | 7.15pm |
|-------------|-----------|--|---------------|---------|------------|------------|
| MONDAI | | | | | | |
| | | | | Little | | Kickboxing |
| | | | | Ninjas | | Adults |
| | | | | Level 2 | | Beginners |
| TUESDAY | | | | | 6.00pm | |
| | | | | | Kickboxing | |
| | | | | | Adults | |
| | | | | | Beginners | |
| WEDNESDAY | | | | 5.00pm | | 7.15pm |
| | | | | Boxing | | Kickboxing |
| | | | | Teen | | Adults |
| | | | | All | | Beginners |
| THIDODAY | | | | 7111 | 6.00pm | Degimers |
| THURSDAY | | | | | | |
| | | | | | Kickboxing | |
| | | | | | Adults | |
| | | | | | Beginners | |
| FRIDAY | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| SATURDAY | 8.30am | | 1.15pm | | | |
| 31110112111 | Bag Blast | | Little Ninjas | | | |
| | Adults | | Level 2 | | | |
| | All | | 10,017 | | | |
| SUNDAY | 8.30am | | 1.00pm | | | |
| SUNDAI | Bag Blast | | Kickboxing | | | |
| | | | | | | |
| | Adults | | Adults | | | |
| | All | | Beginners | | | |

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