

EVADE AREA 4

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| MONDAY | | | | | | | 6.00pm Kickboxing Ladies Only Beginners | 7.15pm Kickboxing Ladies Only Int/Adv |
| TUESDAY | | | | | | 5.00pm Freestyle Cadets Masters | | |
| WEDNESDAY | | | | | | | 6.00pm Kickboxing Ladies Only Beginners | 7.15pm Kickboxing Ladies Only Int/Adv |
| THURSDAY | | | | | | 5.00pm Freestyle Cadets Masters | 6.00pm Kickboxing Adults Intermediate | |
| FRIDAY | | | | | | | | |
| SATURDAY | | 10.00am Kickboxing Adults All | 11.00am Sparring Adults Int/Adv | | | | | |
| SUNDAY | | | | | | | | |

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