

EVADE AREA 1

MONDAY					4.00pm Little Ninjas Level 1	5.00pm Little Ninjas Level 2	6.00pm BJJ – No Gi Adults Beginners	7.15pm BJJ – No Gi Adults Int / Adv
TUESDAY					4.00pm Freestyle Cadets Basic	5.00pm Freestyle Cadets BBM	6.00pm Freestyle Cadets Masters	7.15pm Kickboxing Adults Int / Adv
WEDNESDAY					4.00pm Little Ninjas Level 1	5.00pm Little Ninjas Level 2	6.00pm BJJ – Gi Adults Beginners	7.15pm BJJ – Gi Adults Int / Adv
THURSDAY	10.30am BJJ – No Gi Adults All				4.00pm Freestyle Cadets Basic	5.00pm Freestyle Cadets BBM	6.00pm Freestyle Cadets Masters	7.15pm Kickboxing Adults Int / Adv
FRIDAY					4.00pm Open Mat All	5.00pm Boxing Teen Open Level	6.00pm Boxing Adults Open Level	
SATURDAY	9.00am BJJ Open Mat Adults All	10.00am Freestyle Cadets Basic	11.00am Freestyle Cadets BBM	12.00pm Freestyle Cadets Masters				
SUNDAY	8.45am Open Mat Adults All	10.00am Little Ninjas Level 1	11.00am Little Ninjas Level 2	12.00pm Kickboxing Ladies Only All	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