

EVADE AREA 2

MONDAY		12.00pm Kickboxing Adults All				5.00pm BJJ – No Gi 10 – 15 Years All	6.00pm Kickboxing Ladies Only All	
TUESDAY		12.00pm Kickboxing Adults All			4.00pm Little Ninjas Level 1	5.00pm Little Ninjas Level 2	6.00pm Kickboxing Adults Beginners	
WEDNESDAY		12.00pm Kickboxing Adults All				5.00pm BJJ – Gi 10 – 15 Years All	6.00pm Kickboxing Ladies Only All	
THURSDAY		12.00pm Kickboxing Adults All			4.00pm Little Ninjas Level 1	5.00pm Little Ninjas Level 2		
FRIDAY								
SATURDAY		10.00am Kickboxing Adults Int/Adv	11.00am Sparring Adults Int / Adv	12.00pm Little Ninjas Level 1	1.00pm Little Ninjas Level 2			
SUNDAY				12.00pm Freestyle Cadets Basic	1.00pm Freestyle Cadets BBM/Mast			

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