

EVADE AREA 3

MONDAY							6.00pm Kickboxing Adults Intermediate	7.15pm Kickboxing Adults Beginners
TUESDAY								
WEDNESDAY							6.00pm Kickboxing Adults Intermediate	7.00pm Kickboxing Adults Beginners
THURSDAY							6.00pm Kickboxing Adults Beginners	
FRIDAY						6.00pm HIIT Adults All	6.45pm Bag Blast Adults All	7.30pm Circuit Adults All
SATURDAY	8.45am Bag Blast Adults All	10.00am Kickboxing Adults Beginners		12.15pm BJJ – No Gi Ladies Only Beginners	1.15pm HIIT Adults All			
SUNDAY	9.00am HIIT 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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