

# CLASS TIMETABLE



**Jet  
Singh  
Trust**

## TUESDAY

12.00 - 2.00 PM MENS WELLNESS GROUP

## BOXING

5.15 - 6.15 PM KIDS AGES 5 - 12  
6.15 - 7.15 PM TEENS AGES 13 - 15  
6.15 - 7.15 PM ADULTS AGES 16+

## THURSDAY

## MMA

5.15 - 6.15 PM KIDS AGES 5 - 12  
6.15 - 7.15 PM TEENS AGES 13 - 15  
6.15 - 7.15 PM ADULTS AGES 16+

## SATURDAY

## MMA / KRAV MAGA

9.00 - 10.00 AM TEENS AGES 13 - 15  
9.00 - 10.00 AM ADULTS AGES 16+  
10.00 - 11.00 AM KIDS AGES 5 - 12

## GET INVOLVED

**To Book:**  
Simply scan the QR code  
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