

MONDAY

KIDS CLASS

- Krav Maga 5-14yrs
- Crazy 7 Kickbox Fitness 12-14yrs

PT Sessions

🕒 On request

8-11yrs All Levels

🕒 17:45 - 18:15

12-14yrs All Levels

🕒 18:30 - 19:00

12-14yrs  With Adults

🕒 19:15 - 20:00

ADULT CLASS (Aged 15+)

- Crazy 7  Kickbox Fitness

🕒 19:15 - 20:00

- Krav Maga Beginners

🕒 20:00 - 21:00

TUESDAY

KIDS CLASS

- Krav Maga 5-7yrs
- Crazy 7 Kickbox Fitness 8-11 & 12-15yrs

5-7yrs All Levels

🕒 16:30 - 17:00

8-11yrs  All Levels

🕒 17:15 - 17:45

Personal Training Sessions

🕒 On request

12-15yrs  With Adults

🕒 19:00 - 19:45

ADULT CLASS

- Crazy 7  Kickbox Fitness

🕒 19:00 - 19:45

- Krav Maga
- Self Defence

🕒 20:00 - 21:00

WEDNESDAY

KIDS CLASS

- Krav Maga
- Self Defence

5-7yrs All Levels

🕒 16:30 - 17:00

8-11yrs All Levels

🕒 17:15 - 18:00

12-15yrs All Levels


🕒 18:30 - 19:15

ADVANCED TEENS (Invitation only)

Teen Sparring
🕒 19:45 - 20:30



ADULT CLASS

- Sparring Class 

🕒 19:45 - 20:30

THURSDAY

KIDS CLASS

- Krav Maga 5-11yrs
- Crazy 7 Kickbox Fitness 12-15yrs

5-7yrs All Levels

🕒 17:45 - 18:15

8-11yrs All Levels

🕒 18:15 - 19:00

12-15yrs  With Adults

🕒 19:30 - 20:15

ADULT CLASS

- Crazy 7  Kickbox Fitness

🕒 19:30 - 20:15

- Krav Maga
- Self Defence

🕒 20:15 - 21:15

FRIDAY

Personal Training Sessions

🕒 08:00 - 18:00

SATURDAY

KIDS CLASS

- Krav Maga
- Self Defence

3-4yrs Little Ninjas

🕒 09:00 - 09:30

5-7yrs All Levels

🕒 09:45 - 10:15

8-11yrs All Levels

🕒 10:15 - 11:00

12-14yrs All Levels

🕒 11:15 - 12:00

ADULT CLASS (Aged 15+)

- Krav Maga
- Self Defence

🕒 12:15 - 13:15

SUNDAY

Instructor Training

🕒 Morning

Personal Training Sessions

🕒 Afternoon

NEW

Monday night
Crazy 7 Kickboxing
Fitness Class for
ages 12+