

TIMETABLE

PRIMAL KRAV MAISA 7 | SELF DEFENCE SYSTEM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Kids 👤 8-11 years old ⌚ 16.15-17.00</p>	<p>Kids/Teens Accelerated excellence programe ⌚ 17.30-18.30</p>	<p>Kids 👤 5-7 years old ⌚ 16.30-17.00</p>	<p>Adults All levels ⌚ 18.45-20.00</p>	<p>Adults All Levels ⌚ 18.00-19.30</p>	<p>Little Kids 👤 5-7 years old ⌚ 09.15-09.45</p>	<p>Closed Instructor training</p>
<p>Upgrade Controlled sparring ⌚ 17.00-17.15</p>	<p>Upgrade Adult all levels BJJ ⌚ 19.00-20.00</p>	<p>Kids 👤 8-11 years old ⌚ 17.00-17.45</p>	<p>Adults P2+ ⌚ 20.00-21.00</p>	<p>Upgrade Fit 2 fight Military PT ⌚ 19.30-20.15</p>	<p>Kids 👤 8-11 years old ⌚ 09.45-10.30</p>	
<p>Teens 👤 12-15 years old ⌚ 17.15 - 18.00</p>	<p>Upgrade extra tactical operators programme All levels ⌚ 20.00-21.00</p>	<p>Upgrade Controlled sparring ⌚ 17.45-18.00</p>	<p>TRAINING CENTRE FOLKESTONE Click for location</p>	<p>TRAINING CENTRE FOLKESTONE Click for location</p>	<p>Upgrade Controlled sparring ⌚ 10.30-10.45</p>	
<p>Upgrade Competitive sparring ⌚ 18.00-18.15</p>	<p>TRAINING CENTRE FOLKESTONE Click for location</p>	<p>Teens 👤 12-15 years old ⌚ 18.00 - 18.45</p>			<p>Teens 👤 12-15 years old ⌚ 10.45-11.30</p>	
<p>TRAINING CENTRE FOLKESTONE Click for location</p>	<p>TRAINING CENTRE FOLKESTONE Click for location</p>	<p>Upgrade Competitive sparring ⌚ 18.45-19.00</p>			<p>Upgrade Competitive sparring ⌚ 11.30-11.45</p>	
<p>MONDAY</p>		<p>TRAINING CENTRE FOLKESTONE Click for location</p>			<p>Adults All levels ⌚ 12.00-13.00</p>	
<p>Adults All levels ⌚ 19.30-21.00</p>	<p>TUESDAY</p>	<p>MONDAY</p>			<p>Upgrade Full contact scenario based training ⌚ 13:00-13:15</p>	
<p>Upgrade Full contact scenario based training ⌚ 21.00-21.15</p>	<p>Adults All levels ⌚ 19.00-20.30</p>	<p>WEDNESDAY</p>			<p>TRAINING CENTRE FOLKESTONE Click for location</p>	
<p>TRAINING CENTRE FOLKESTONE Click for location</p>	<p>CANTERBURY Click for location</p>	<p>Adults All levels ⌚ 19.30-21.00</p>				
		<p>TRAINING CENTRE FOLKESTONE Click for location</p>				

Upgrade sparring session must be with kit on