

# Kernow Martial Arts Black Belt Academy



# Timetable

## St.Austell

Monday	9.00am-3.00pm	3.50pm-4.50pm	5.00pm-6.00pm	6.10pm-7.10pm	7.20pm-8.20pm	
	Open Mat & Private Classes	KMA Junior 5-9yrs Freestyle - all grades	KMA Junior 5-9yrs Freestyle - all grades	KMA Cadet 10-15yrs Freestyle - all grades	KMA Adult 16yrs+ Freestyle	
Tuesday	9.00am-3.00pm	3.50pm-4.50pm	5.00pm-6.00pm	6.10pm-7.10pm	7.20pm-8.20pm	8.30pm-9.30pm
	Open Mat & Private Classes	KMA Junior 5-9yrs Freestyle - all grades	KMA Junior 5-9yrs Freestyle - all grades	KMA Cadet 10-15yrs Freestyle - all grades	KMA Adult 16yrs+ Freestyle	Krav Maga
Wednesday	9.00am-3.00pm	3.50pm-4.50pm	5.00pm-6.00pm	6.10pm-7.10pm	7.20pm-8.20pm	
	Open Mat & Private Classes	KMA Junior 5-9yrs Freestyle - all grades	KMA Junior 5-9yrs Freestyle - all grades	KMA Cadet 10-15yrs Freestyle - all grades	KMA Adult 16yrs+ Freestyle	
Thursday	9.00am-3.00pm	3.50pm-4.50pm	5.00pm-6.00pm	6.10pm-7.10pm	7.20pm-8.20pm	8.30pm-9.30pm
	Open Mat & Private Classes	KMA Junior 5-9yrs Freestyle - all grades	KMA Junior 5-9yrs Freestyle - all grades	KMA Cadet 10-15yrs Freestyle - all grades	KMA Adult 16yrs+ Freestyle	Krav Maga
Friday	9.00am-3.00pm	3.50pm-4.50pm	5.00pm-6.00pm	6.10pm-7.10pm	7.20pm-8.20pm	
	Open Mat & Private Classes	KMA Junior 5-9yrs Freestyle - all grades	KMA Junior 5-9yrs Freestyle - all grades	KMA Cadet 10-15yrs Freestyle - all grades	KMA Adult 16yrs+ Freestyle	
Saturday	9.00am-3.00pm	T'n'T Fitness				
	Open Mat, Private Classes & Bookings					

**Other venues and information overleaf**

<b>KMA Launceston</b>		<b>St. Stephens Church Hall</b>	
<b>Tuesday Only</b>	<b>6pm-7pm</b>	<b>7pm-9pm</b>	
	KMA Junior Freestyle	KMA Adult Freestyle	
<b>KMA Camborne</b>		<b>Donald Thomas Centre</b>	
<b>Wednesday Only</b>	<b>6pm-7pm</b>	<b>7pm-9pm</b>	
	KMA Junior Freestyle	KMA Adult Freestyle	

We also offer private lessons, rooms to hire & Birthday parties. Call 01726 337030 for details.