



# November - December Timetable 2020

Commencing 2nd November 2020

Time	Monday	Tuesday	Wednesday	Thursday	Friday
16:15 - 16:45		Kids 4-6 LIVE		Kids 4- 6 LIVE	
17:00 - 17:45		Kids 6-12 LIVE	Kids 6-12 LIVE	Kids 6-12 LIVE	Kids 6-12 LIVE
18:00 - 18:45	Kids 10-12 LIVE	Kids 6-12 LIVE	Kids 10 - 12 LIVE	Kids 6-12 LIVE	Teens 13-17 LIVE
19:00 - 19:45	Teens 13-17 LIVE	Teens 13-17 LIVE	Teens 13-17 LIVE	Teens 13-17 LIVE	
20:00 - 20:45	Adults 18+ LIVE	Adults 18+ LIVE	Adults 18+ LIVE	Adults 18+ LIVE	

Time	Saturday
09:00 - 09:45	Kids 6-12 LIVE
10:00 - 10:45	Teens 13-17 LIVE
11:00 - 11:45	Adults 18+ LIVE

**Physical Class**

Physical Classes by Pre-Booking ONLY

**Facebook Live**

Facebook Live Classes available alongside all physical classes and available to watch again on demand

**Zoom Classes**

**Tuesdays & Thursdays**

- Kids 4-6 at 4:15pm
- Kids 6-10 at 5:00pm
- FMA 10+,Teens, Adults 7pm
- Krav Teens & Adults 8pm