

## VOODOO CHILDRENS TIMETABLE

SUNDAY	MONDAY	TUESDAY		WEDNESDAY	THURSDAY	
Tytherington Club*	MAIN GYM	MAIN GYM	STUDIO	MAIN GYM	MAIN GYM	STUDIO
<b>1.00pm to 2.00pm</b>	<b>4.00pm to 4.45pm</b>	<b>4.00pm to 5.00pm</b>	<b>4.00pm to 5.00pm</b>	<b>4.00pm to 4.45pm</b>	<b>4.00pm to 5.00pm</b>	<b>4.00pm to 5.00pm</b>
Junior Kickboxing 4 to 11 years old	Voodoo Ninja's 4 to 7 years old	Junior Kickboxing 8 to 11 years old	Cadet Brazilian Jiu Jitsu 12 to 15 years old	Voodoo Ninja's 4 to 7 years old	Junior Kickboxing 8 to 11 years old	Cadet Brazilian Jiu Jitsu 12 to 15 years old
<b>2.00pm to 3.00pm</b>	<b>5.00pm to 6.00pm</b>	<b>5.00pm to 6.00pm</b>	<b>5.00pm to 6.00pm</b>	<b>5.00pm to 6.00pm</b>	<b>5.00pm to 6.00pm</b>	<b>5.00pm to 6.00pm</b>
Cadet Kickboxing 12 to 15 years old	Junior and Cadet Shotokan Karate Do 8 to 15 years old	Cadet Kickboxing 12 to 15 years old	Junior Brazilian Jiu Jitsu 8 to 11 years old	Junior and Cadet Shotokan Karate Do 8 to 15 years old	Cadet Kickboxing 12 to 15 years old	Junior Brazilian Jiu Jitsu 8 to 11 years old

\*These classes take place at the Tytherington Club, Macclesfield. Contact Tytherington Club to attend or for more information.

## VOODOO ADULTS TIMETABLE

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
Cheddleton*	MAIN GYM	MAIN GYM	STUDIO	MAIN GYM	STUDIO	MAIN GYM	STUDIO	MAIN GYM	STUDIO
12.30pm to 1.30pm	1.00pm to 2.30pm	6.30pm to 7.00pm	6.30pm to 7.00pm	6.30pm to 7.00pm	6.30pm to 7.00pm	6.30pm to 7.00pm	6.30pm to 7.00pm	6.30pm to 7.00pm	6.30pm to 7.00pm
Self Defence Public Classes**	Grappling Competition Class	Fighting Fit	Coaches Only	Fighting Fit	Coaches Only	Fighting Fit	Coaches Only	Fighting Fit	Coaches Only
1.45pm to 2.45pm	4.00pm to 5.00pm	7.00pm to 8.00pm	7.00pm to 8.00pm	7.00pm to 8.00pm	7.00pm to 8.00pm	7.00pm to 8.00pm	7.00pm to 8.00pm	7.00pm to 8.00pm	7.00pm to 8.00pm
Boxing for Wellness Public Classes**	Self Defence Public Classes**	Foundation Brazilian Jiu Jitsu	Boxing For Kickboxers	Foundation Thai / Kick Boxing	Catch / Submission Wrestling	Foundation Brazilian Jiu Jitsu	Boxing For Kickboxers	Foundation Thai / Kick Boxing	Catch / Submission Wrestling
	5.15pm to 6.15pm	8.00pm to 9.30pm	8.00pm to 9.30pm	8.00pm to 9.00pm	8.00pm to 9.30pm	8.00pm to 9.30pm	8.00pm to 9.30pm	8.00pm to 9.00pm	8.00pm to 9.30pm
	Boxing for Wellness Public Classes**	Advanced Brazilian Jiu Jitsu	Striking Open Mat	Advanced Thai / Kick Boxing	Grappling Open Mat	Advanced Brazilian Jiu Jitsu	Striking Open Mat	Advanced Thai / Kick Boxing	Grappling Open Mat
	6.30pm to 8.00pm			9.00pm to 9.30pm				9.00pm to 9.30pm	
	Fight Club*** Thai / Kick Boxing			Sparring Thai / Kickboxing				Sparring Thai / Kickboxing	

\*Classes held at Cheddleton Community Centre, Hollow Lane, Cheddleton, Leek ST13 7LF

\*\*Classes open to the public (non-Voodoo members) with no prior notice. \*\*\*Voodoo members attend by invitation only