VOODOO CHILDRENS TIMETABLE

SUNDAY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tytherington Club*	MAIN GYM	MAIN GYM	MAIN GYM	MAIN GYM	MAIN GYM	MAIN GYM
1.00pm to 2.00pm	4.00pm to 4.45pm	4.00pm to 4.45pm	4.00pm to 5.00pm	4.00pm to 4.45pm	4.00pm to 5.00pm	4.00pm to 4.45pm
Junior Kickboxing PG 4 to 11 years old	NYC	Voodoo Ninja's 4 to 7 years old	Junior Kickboxing 8 to 11 years old	Voodoo Ninja's 4 to 7 years old	Junior Kickboxing 8 to 11 years old	NYC
2.00pm to 3.00pm	5.00pm to 5.45pm	5.00pm to 6.00pm	5.00pm to 6.00pm	5.00pm to 6.00pm	5.00pm to 6.00pm	5.00pm to 5.45pm
Cadet Kickboxing PG 12 to 15 years old	Voodoo Samurai's 4 to 7 years old	Junior Shotokan Karate Do PG 8 to 11 years old	Junior Brazilian Jiu Jitsu 8 to 11 years old	Junior Shotokan Karate Do 8 to 11 years old	Junior Brazilian Jiu Jitsu 8 to 11 years old	Voodoo Samurai's 4 to 7 years old
*Contact Tytherington	6.00pm to 7.00pm	6.00pm to 7.00pm	6.00pm to 7.00pm	6.00pm to 7.00pm	6.00pm to 7.00pm	6.00pm to 7.00pm
Club directly to attend or for more information.	Cadet Shotokan Karate Do 12 to 15 years old	Cadet Brazilian Jiu Jitsu 12 to 15 years old	Cadet Kickboxing 12 to 15 years old	Cadet Shotokan Karate Do 12 to 15 years old	Cadet Brazilian Jiu Jitsu 12 to 15 years old	Cadet Kickboxing 12 to 15 years old

VOODOO ADULTS TIMETABLE

SUNDAY		
MAIN GYM		
10.00pm to 11.30pm		
Grappling Competition Class		
7.00pm to		
Fight Club* Thai / Kick Boxing		

MONDAY		
MAIN GYM STUDIO		
6.00pm to 7.00pm	6.00pm to 6.30pm	
Children's Classes	Fighting Fit	
	6.30pm to	
	Fighting Fit	
7.00pm to	7.00pm to	

TUESDAY	
MAIN GYM	STUDIO
6.00pm to 7.00pm	6.00pm to 6.30pm
Children's Classes	Fighting Fit
	6.30pm to
	Fighting Fit
7.00pm to	7.00pm to

WEDNESDAY	
MAIN GYM	STUDIO
6.00pm to 7.00pm	6.00pm to 6.30pm
	Fighting Fit
Children's Classes	6.30pm to
	Fighting Fit
7.00pm to	7.00pm to

THURSDAY		
MAIN GYM	STUDIO	
6.00pm to 7.00pm	6.00pm to 6.30pm	
Children's Classes	Fighting Fit	
	6.30pm to	
	Fighting Fit	
7.00pm to	7.00pm to	

Friday	
MAIN GYM	
4.00pm to 6.00pm	
Children's Classes	
7.00pm to	

*Members by invitation only.

Foundation Thai / Kick Boxing	Catch / Submission
8.00pm to	8.00pm to
Advanced Thai / Kick Boxing	
9.00pm to	Grappling Open Mat
Sparring Thai / Kickboxing	·

Foundation	Boxing
Brazilian Jiu Jitsu	For Kickboxers
8.00pm to	8.00pm to
Advanced	Shotokan
Brazilian Jiu Jitsu	Karate Do

Foundation Thai / Kick Boxing	Catch / Submission
8.00pm to	8.00pm to
Advanced Thai / Kick Boxing	
9.00pm to	Grappling Open Mat
Sparring Thai / Kickboxing	•

Foundation Brazilian Jiu Jitsu	Boxing For Kickboxers
8.00pm to	
Advanced Brazilian Jiu Jitsu	

Shotokan Karate Do