## **VOODOO CHILDRENS TIMETABLE**

SUN	DAY	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 8.30pm		
Fight Club* Thai / Kick Boxing		
Illai / NICK BOXIIIg		

MONDAY		
MAIN GYM	STUDIO	
6.00pm to 7.00pm	6.00pm to 6.30pm	
N/A	Fighting Fit	
	6.30pm to 7.00pm	
	Fighting Fit	
7.00pm to 8.00pm	7.00pm to 8.00pm	

TUESDAY		
MAIN GYM	STUDIO	
6.00pm to 7.00pm	6.00pm to 6.30pm	
N/A	Fighting Fit	
	6.30pm to 7.00pm	
	Fighting Fit	
7.00pm to 8.00pm	7.00pm to 8.00pm	

WEDNESDAY	
MAIN GYM	STUDIO
6.00pm to 7.00pm	6.00pm to 6.30pm
	Fighting Fit
N/A	6.30pm to 7.00pm
	Fighting Fit
7.00pm to 8.00pm	7.00pm to 8.00pm

THURSDAY		
MAIN GYM	STUDIO	
6.00pm to 7.00pm	6.00pm to 6.30pm	
N/A	Fighting Fit	
	6.30pm to 7.00pm	
	Fighting Fit	
7.00pm to 8.00pm	7.00pm to 8.00pm	

\*Voodoo members by invitation only.

Foundation Thai / Kick Boxing	Catch / Submission Wrestling	
8.00pm to 9.00pm	8.00pm to 9.30pm	
Advanced Thai / Kick Boxing		
9.00pm to 9.30pm	Grappling Open Mat	
Sparring Thai / Kickboxing		

Foundation	Boxing
Brazilian Jiu Jitsu	For Kickboxers
8.00pm to 9.30pm	8.00pm to 9.30pm
Advanced	Shotokan
Brazilian Jiu Jitsu	Karate Do

Foundation Thai / Kick Boxing	Catch / Submission Wrestling	
8.00pm to 9.00pm	8.00pm to 9.30pm	
Advanced Thai / Kick Boxing		
9.00pm to 9.30pm	Grappling Open Mat	
Sparring Thai / Kickboxing		

Foundation	Boxing
Brazilian Jiu Jitsu	For Kickboxers
8.00pm to 9.30pm	8.00pm to 9.30pm
Advanced	Shotokan
Brazilian Jiu Jitsu	Karate Do