



ENSO MARTIAL ARTS CLASS TIMETABLE



CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Little Dragons Karate <i>4 to 6 Years</i>	4:30pm to 5:10pm		4:30pm to 5:10pm			9:20am to 10:00am
Little Phoenix Kickboxing <i>4 to 6 years</i>		4:30pm to 5:10pm		4:30pm to 5:10pm		
Junior Karate Program <i>7 to 12 Years</i>	5:10pm to 6:00pm		5:10pm to 6:00pm			10:00am to 10:50am
Junior Kickboxing <i>7 to 12 Years</i>		5:10pm to 6:00pm		5:10pm to 6:00pm		
Teen / Adult Kenpo Karate <i>13 Years +</i>	6.30pm to 8.00pm		6.30pm to 8.00pm			11:00am to 12:00pm
Teen Adult Combat Kickboxing <i>13 Years +</i>		7:00pm to 8:00pm		7:00pm to 8:00pm		
S.W.A.T. Junior Leadership Program <i>10 to 15 years</i>					4:30pm to 5:10pm	
Instructor Team Training <i>16 Years + and by Invitation Only.</i>					5:10pm to 6:00pm	

Fitness Health Self Defence Confidence Respect Discipline

13 Chestnut Road, Port Macquarie NSW 2444



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