



# ENSO MARTIAL ARTS CLASS TIMETABLE



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

Fitness Health Self Defence Confidence Respect Discipline

13 Chestnut Road, Port Macquarie NSW 2444



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