

MONDAY

WESTON KARATE CLUB

6:30pm - 7:30pm Junior Karate

7:30pm - 9:00pm Adult Karate

INSTRUCTOR: Jon Clatworthy 6th Dan Karate, Adam Williams

TUESDAY

MORNING BOOTCAMP

7.00am-8.00am (Age 16+)

INSTRUCTOR: Dylan McCann

KICKBOXING (Weston Warriors)

5.30pm-6.15pm Mini Ninjas (Age 4 - 8)

6:15pm-7pm Juniors (Age 9 - 13)

7pm-8pm Adult Beginners

8pm-9pm Adult Advanced Kickboxing/Boxing/Fighter Training

INSTRUCTORS: Stuart Davies, Paul Hill, Will Cullen, Paul Healy, Lewis Mulhall & Gemma Baker

WEDNESDAY

BOXING (Weston Warriors ABC)

6.00pm -7.30pm (Age 10+)

INSTRUCTORS; Rob Preddy, Stuart Davies, George Katsimpas, Greg

MIXED MARTIAL ARTS (MMA)

7.30pm-9:00pm

INSTRUCTOR: Steve Keen

THURSDAY

MORNING BOOTCAMP

7.00am (Age 16+)

INSTRUCTOR: Dylan McCann

KICKBOXING (Weston Warriors)

5.30pm-6.15pm Mini Ninjas (Age 4 - 7)

6:15pm-7pm Juniors (Age 8 - 13)

7pm-8pm Adult Beginners

INSTRUCTORS: Stuart Davies, Paul Hill, Will Cullen, Paul Healy, Lewis Mulhall & Gemma Baker

JU-JITSU

8.00pm-9.30pm

INSTRUCTOR; Ian Rossitor

FRIDAY

BOXING (Weston Warriors ABC)

6.00pm -7.00pm (Age 10+)

INSTRUCTORS; Rob Preddy, Stuart Davies, George Katsimpas, Greg

LADIES ONLY KICKBOXING

7pm-8pm (Age 12+)

INSTRUCTOR; Gemma Baker