



COOMBS

Timetable

From Monday 9th October 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:15							
5:30							
5:45							5:45
6:00		CMAF Fitness 06:00-06:45		CMAF Fitness 06:00-06:45			6:00
6:15							6:15
6:30							6:30
6:45		CARDIO BOXING 06:50-7:35		CARDIO BOXING 06:50-7:35			6:45
7:00							7:00
7:15						CARDIO BOXING / FITNESS 07:00-07:45	7:15
7:30							7:30
7:45							7:45
8:00						TIGERS 5-8yrs 08:00-08:40	8:00
8:15							8:15
8:30							8:30
8:45						Youth Hapkido 9-13yrs 08:45-09:30 <small>Global Hapkido/MMK</small>	8:45
9:00							9:00
9:15							9:15
9:30							9:30
9:45							9:45
10:00							10:00
10:15							10:15
10:30							10:30
10:45							10:45
11:00							11:00
11:15							11:15
11:30							11:30
11:45							11:45
16:00	TINY TIGERS 3-4yrs 16:00-16:25	TINY TIGERS 3-4yrs 16:00-16:25					16:00
16:15							16:15
16:30	TIGERS 5-8yrs 16:30-17:10	TIGERS 5-8yrs 16:30-17:10	TIGERS 5-8yrs 16:30-17:10	TIGERS 5-8yrs 16:30-17:10			16:30
16:45							16:45
17:00							17:00
17:15	YOUTH EPIC BJJ 9-13yrs 17:15-18:00 <small>Brazilian JiuJitsu</small>	YOUTH KUMDO 9-13yrs 17:15-18:00 <small>Korean Sword - Kummooyeh</small>	YOUTH EPIC BJJ 9-13yrs 17:15-18:00 <small>Brazilian JiuJitsu</small>	YOUTH KUMDO 9-13yrs 17:15-18:00 <small>Korean Sword - Kummooyeh</small>			17:15
17:30							17:30
17:45							17:45
18:00	EPIC BJJ Beginner Adults 18:00-19:00	KUMDO ADULTS 18:00-19:00 <small>Korean Sword - Kummooyeh</small>	Youth Hapkido 9-13yrs 18:00-18:45 <small>Global Hapkido/MMK</small>	KUMDO ADULTS 18:00-19:00 <small>Korean Sword - Kummooyeh</small>			18:00
18:15							18:15
18:30							18:30
18:45							18:45
19:00							19:00
19:15		MEDIEVAL COMBAT 19:00-20:00		MEDIEVAL COMBAT 19:00-20:00			19:15
19:30							19:30
19:45							19:45
20:00							20:00
20:15							20:15
20:30							20:30