

KICK BOXING - K1 - MUAY THAI - BOXING

FOWLER'S

MARTIAL ARTS ACADEMY

EST 20'

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30 - 11:30 Adults K1 - Muay Thai			10:30 - 11:30 Adults K1 - Muay Thai		
Private Lessons Available Contact Head Coach	Private Lessons Available Contact Head Coach	Private Lessons Available Contact Head Coach	Private Lessons Available Contact Head Coach	Private Lessons Available Contact Head Coach	10:00 - 11:00 Kids 7-11yrs Circuit / Sparring
			16:20 - 17:00 Little Ninjas 4 - 6yrs K1 - Muay Thai		11:00 - 12:00 Ladies Only K1 - Kickboxing
Daventry Venue 17:00 - 17:45 Kids 7 - 11yrs K1 - Muay Thai	17:00 - 17:45 Kids 7 - 11yrs K1 - Muay Thai	17:00 - 17:45 Kids 7 - 11yrs K1 - Muay Thai	17:00 - 17:45 Kids 7 - 11yrs K1 - Muay Thai	17:00 - 17:45 Kids 7 - 11yrs K1 - Muay Thai	
		18:00 - 19:00 Ladies Only K1 - Kickboxing			
Daventry Venue 19:00 - 20:00 Teens / Adults K1 - Muay Thai	19:00 - 20:00 Teens / Adults K1 - Muay Thai	19:00 - 20:00 Teens / Adults Thai Basics & Clinching	19:00 - 20:00 Teens / Adults K1 - Muay Thai	19:00 - 20:00 Teens / Adults Boxing	
	20:00 - 20:30 Teens / Adults Sparring	20:00 - 20:30 Teens / Adults Technical Striking	20:00 - 20:30 Teens / Adults Sparring		