

AIMA BURLEIGH CLASS SCHEDULE 2017 TERM 4

MONDAY			
Time	Class	St.	Min
7AM	TAI CHI/QI KUNG	1	60
4PM	FIT'n'FUN	2	60
5:30PM	MASTERS	1	60
6:30PM	INSTRUCTORS	1	90

TUESDAY			
Time	Class	St.	Min
12PM	TAI CHI/QI KUNG	1	60
4PM	LEVEL 1 KUNG FU	2	45
4PM	LEVEL 2 & 3 KUNG FU	2	60
5PM	JUNIOR GRAPPLING	2	60
5:30PM	KICKBOXING	1	60
6PM	SS SELF DEFENCE	2	60
6PM	FUNDAMENTALS	1	30
6:30PM	KUNG FU	1	90
7PM	PRIMAL BODY	2	60

WEDNESDAY			
Time	Class	St.	Min
4PM	BOXING	1	60
5:30PM	COMBAT FIT	1	60
5:00PM	TAI CHI LEVEL 1	2	60
6:00PM	TAI CHI LEVEL 2	2	60
6:30PM	DYNAMIC STRETCH	1	60

THURSDAY			
Time	Class	St.	Min
7AM	KICKBOXING	1	60
9:30AM	WOMEN S/ DEFENSE	1	60
4PM	LEVEL 1 KUNG FU	2	45
4PM	LEVEL 2 & 3 KUNG FU	2	60
5PM	OPEN WEAPONS	1	60
5:30PM	BOXING	2	60
6PM	FUNDAMENTALS	1	30
6:30PM	ADULT KUNG FU	1	90
6:30PM	PRIMAL BODY	2	60

FRIDAY			
Time	Class	St.	Min
7AM	TAI CHI	1	60
4PM	MASTERS	1	90
5:30PM	STRENGTH & COND.	1	60
5:30PM	SS SELF DEFENCE	2	60
6:30PM	BOXING	1	60
7:30PM	INSTRUCTORS	1	90

SATURDAY			
Time	Class	St.	Min
7AM	STRENGTH & COND.	1	60
8AM	BOXING	1	60
9AM	KICKBOXING	1	60
10AM	GRAPPLING	2	60
9AM	OPEN KUNG FU	2	60
10AM	OPEN WEAPONS	1	60

MEMBERSHIP

ULTIMATE
PREMIUM - ADULTS
PREMIUM - JUNIORS
INSTRUCTORS ONLY

STUDIO (St.)

STUDIO 1
STUDIO 2

ALL ULTIMATE CLASSES REQUIRE ADVANCED BOOKINGS ONLINE

AIMA

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