



PKM7

SPRING/SUMMER 2021 TIMETABLE

MONDAY

KIDS CLASS

- Krav Maga
- Self Defence

5-7yrs

🕒 16:15 - 16:45

A 8-11yrs

🕒 17:00 - 17:30

B 8-11yrs

🕒 17:45 - 18:15

A 12-15yrs

🕒 18:30 - 19:00

B 12-15yrs

🕒 19:15 - 19:45

ADULT CLASS

- Krav Maga
- Self Defence

🕒 20:00 - 21:00

TUESDAY

KIDS CLASS

- Krazy 7 Kickboxing

5-7yrs

🕒 16:30 - 17:00

8-11yrs

🕒 17:15 - 17:45

12-15yrs

🕒 18:00 - 18:30

ADULT CLASS

- Krazy 7 Kickboxing

🕒 18:45 - 19:30

WEDNESDAY

KIDS CLASS

- Krav Maga
- Self Defence

5-7yrs

🕒 16:30 - 17:00

A 8-11yrs

🕒 17:15 - 17:45

B 8-11yrs

🕒 18:00 - 18:30

12-15yrs

🕒 18:45 - 19:15

ADULT CLASS

- Krav Maga
- Self Defence

🕒 19:30 - 20:30

THURSDAY

KIDS CLASS

- Krav Maga
- Self Defence

5-7yrs

🕒 17:30 - 18:00

8-11yrs

🕒 18:15 - 18:45

12-15yrs

🕒 19:00 - 19:30

ADULT CLASS

- Krav Maga
- Self Defence

🕒 20:00 - 21:00

FRIDAY

NO CLASSES

SATURDAY

KIDS CLASS

- Krav Maga
- Self Defence

5-7yrs

🕒 09:15 - 09:45

A 8-11yrs

🕒 10:00 - 10:30

B 8-11yrs

🕒 10:45 - 11:15

12-15yrs

🕒 11:30 - 12:00

ADULT CLASS

- Krav Maga
- Self Defence

🕒 12:15 - 13:15

NB. Class attendance MUST be booked in advance on the Mindbody app to train