

COBRA GYM

CLASS TIMETABLE

MONDAY

10.15-11.15am Ladies Creche Class • 1-2pm KICK/THAI WORKOUT
5-6pm KIDS KICKBOXING (5-10yrs) • 6-7pm LADIES KICKBOXING
7-8.30pm KICK/THAI-BOXING

TUESDAY

1-2pm KICK/THAI WORKOUT • 4.45-6pm KIDS KICKBOXING (10-15yrs)
6-7pm BEGINNERS KICK/THAI-BOXING • 7-8pm LADIES KICKBOXING
8-9pm (MIXED ABILITY) KICK/THAI-BOXING

WEDNESDAY

1-2pm KICK/THAI WORKOUT • 5-6pm KIDS KICKBOXING (5-10yrs)
6-7pm LADIES KICKBOXING
7-8pm KICK/THAI-BOXING • 8pm-9pm WRESTLING

THURSDAY

10.15-11.15am Ladies Creche Class • 1-2pm KICK/THAI WORKOUT
6-7.30pm KICK/THAI-BOXING • 7.30-8.30pm BEGINNERS KICKBOXING

FRIDAY

1pm-2pm KICK/THAI WORKOUT • 5-6pm KIDS KICKBOXING (5-10yrs)
6pm-7pm BOXING • 7:15pm-8:15pm CAPOEIRA

SATURDAY

10-11am (5-10yrs) • 11-12pm (10-15yrs) KID'S KICK-BOXING (Open age group)
12pm-1pm SHEN SHI DO • 3pm-5pm KICKBOXING

SUNDAY

1-2pm KICK/THAI WORKOUT • (Courses Sunday Afternoon)

Queen Mother Sports Centre. Vauxhall Bridge Road, Victoria SW1.



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