



XEN-DO[®]

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
06.30								06.30
07.00								07.00
07.30								07.30
08.00								08.00
08.30								08.30
09.00								09.00
09.30								09.30
10.00								10.00
10.30		All Grades Class 10:00-11:00		All Grades Class 10:00-11:00		Personal Classes	Personal Classes	10.30
11.00	Personal Classes		Personal Classes			Learn to Spar Class 11:00-12:00	All Grades Class 11:00-12:00	11.00
11.30								11.30
12.00						Teenagers Class 12:00-12:45	Little Champs Class 12:00-12:30	12.00
12.30								12.30
13.00	All Grades Class 12:30-13:15		All Grades Class 12:30-13:15			All Grades Class 12:45-13:45	Junior Champs Class 12:30-13:15	13.00
13.30		All Grades Class 13:00-13:45		All Grades Class 13:00-13:45			Intermediate & Senior Classes 13:15-14:00	13.30
14.00						Beginners Class 13:45-14:30	Beginners Class 14:00-14:45	14.00
14.30								14.30
15.00	Personal Classes	Personal Classes	Personal Classes	Personal Classes		Intermediate & Senior Classes 14:30-15:15		15.00
15.30							Personal Classes	15.30
16.00						Personal Classes		16.00
16.30		Student Class 16:00-16:45		Student Class 16:00-16:45				16.30
17.00	Little Champs Class 16:30-17:00		Little Champs Class 16:30-17:00					17.00
17.30	Junior Champs Class 17:00-17:45	Senior Class & Teenager Class 17:00-17:45	Junior Champs Class 17:00-17:45	Senior Class & Teenager Class 17:00-17:45				17.30
18.00	Beginners Class 17:45-18:45	Intermediate & Senior Classes 17:45-18:45	Beginners Class 17:45-18:45	Intermediate & Senior Classes 17:45-18:45				18.00
18.30								18.30
19.00	Intermediate & Senior Classes 18:45-19:45	Beginners Class 18:45-19:45	Intermediate & Senior Classes 18:45-19:45	Beginners Class 18:45-19:45				19.00
19.30								19.30
20.00	All Grade Class 19:45-20:30	All Grade Class 19:45-20:30	All Grade Class 19:45-20:30	All Grade Class 19:45-20:30				20.00
20.30								20.30
21.00								21.00

CLOSED