

# CLASS TIMETABLE

## SD MARTIAL ARTS

259 Greenstead Road, Colchester, CO1 2SJ  
01206 860008

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

### SATURDAY

### SUNDAY

LITTLE DRAGONS  
4.30-5.15 PM

3-5

KARATE SPARRING  
5.30-6.30 PM

6+

KARATE  
5.45-6.45 PM

6+

KIDS BOXING  
6.00-7.00 PM

6-13

KIDS FREESTYLE NINJA TRAINING  
5.45-6.45 PM

8+

HATTON BOXING  
6.30-7.30 PM

14+

KRAV MAGA  
6.30-7.30 PM

14+

KARATE  
6.45-7.45 PM

6+

FREESTYLE NINJA TRAINING  
7.00-8.00 PM

14+

CALLISTHENICS  
7.00-8.00 PM

14+

KICK BOXING  
7.00-8.00 PM

7+

BJJ  
7.30-9.00 PM

15+

MMA  
7.30-9.00 PM

12+

MUAY THAI  
7.45-9.15 PM

14+

BJJ  
7.30-9.00 PM

15+

BOXING  
7.30-8.30 PM

14+

HATTON BOXING  
9.30-10.30 AM

14+

LITTLE DRAGONS  
4.30-5.15 PM

3-5

KIDS KRAV MAGA  
5.00-6.00 PM

8+

KIDS FREESTYLE NINJA TRAINING  
5.45-6.45 PM

8+

KARATE  
5.45-6.45 PM

6+

KRAV MAGA  
6.00-7.00 PM

14+

BOXING  
7.00-8.00 PM

14+

KICK BOXING  
7.00-8.00 PM

7+

MMA  
7.00-8.00 PM

12+

KICKBOXING FOR FITNESS  
9.30-10.15 AM

14+

BEG-INT KARATE  
5.45-6.45 PM

6+

ADVANCED KARATE  
7.00-8.00 PM

6+

BEGINNER - COMP SPARRING  
4.45-5.45 PM

6+

MUAY THAI  
7.00-8.30 PM

14+

BJJ  
7.30-9.00 PM

15+

LITTLE DRAGONS  
4.30-5.15 PM

3-5

KARATE/KATA  
5.45-6.45 PM

6+

NO GI  
6.30-8.00 PM

12+

BOXING  
7.00-8.00 PM

14+

HIIT COMBAT FITNESS  
8.30-9.15 AM

14+

KARATE SPARRING  
9.15-10.15 AM

6+

LITTLE DRAGONS  
9.30-10.15 AM

3-5

HATTON BOXING  
9.30-10.30 AM

14+

KARATE  
10.30-11.30 AM

6+

KICKBOXING/K1/THAI SPARRING  
10.30-11.30 PM

7+

FAMILY KRAV MAGA  
11.30 AM-12.30 PM

8+

MMA  
12.30-1.30 PM

12+

KETTLEBELLS & ABS  
9.30-10.15 AM

14+

KARATE  
9.30-10.30 AM

6+

KATA  
10.45-11.45 AM

6+

FITNESS CLASSES (PAYG) - £7.00  
MARTIAL ARTS CLASSES (PAYG) - £7.00  
ANY 1 CLASS PW - £26.00 MONTHLY  
ANY 1 CLASS PW INC GYM - £42.00  
ANY 2 CLASSES PW - £45.00 MONTHLY  
ANY 2 CLASSES PW INC GYM - £55.00 MONTHLY

ANY 3 CLASSES PW - £55.00 MONTHLY  
ANY 3 CLASSES PW INC GYM - £65.00 MONTHLY  
GYM & UNLIMITED FITNESS CLASSES - £45.00 MONTHLY  
ANY 1 CLASS PW INC GYM - £7.00 MONTHLY  
GYM - £15.99 MONTHLY  
GYM (OFF PEAK: 11AM-3PM) - £9.99 MONTHLY

NO GI (PAYG) - £10.00  
ADULT KRAV MAGA/MMA/THAI (PAYG) - £10.00  
BJJ/KRAV MAGA/THAI UNLIMITED INC GYM - £65.00 MONTHLY  
ANY 1 BJJ/KRAV/THAI MAGA PW - £35.00 MONTHLY  
ULTIMATE UNLIMITED PACKAGE - £75.00 MONTHLY  
YEARLY MEMBERSHIP INSURANCE - £50.00