

Martial Lifestyle Headquarters, Westbury Park Studio

DAY	TIME	CLASS	LEVEL	AGES
MON	4.30 – 5.30 pm	LITTLE DRAGONS	MIXED	4-7 YRS
	6.15 - 7.30 pm	ADULTS KUNG FU	BEGINNER	ADULT
	7.30 - 9.00 pm	ADULTS KUNG FU	ADVANCED	ADULT
TUES	4.30 - 5.30 pm	LITTLE DRAGONS	MIXED	4 - 7 YRS
	5.45 - 7.00 pm	KIDS KUNG FU/KICKBOXING	MIXED	8 - 15 YRS
	7.15 - 8.15 pm	WOMENS CIRCUIT STYLE BOXING	MIXED	ADULT
WEDS	4.30 - 5.30 pm	LITTLE DRAGONS	ELITE ONLY	4 - 8 YRS
	5.45 - 7.15 pm	KIDS KUNG FU/KICKBOXING	MIXED	8 - 15 YRS
	7.15 - 8.30 pm	KICKBOXING	MIXED	ADULT
	8.30 – 10.00 pm	SPARRING	MIXED	ADULT
THURS	4.30 - 5.30 pm	LITTLE DRAGONS	MIXED	4 - 7 YRS
	5.45 - 7.00 pm	KIDS KUNG FU/KICKBOXING	MIXED	8 - 15 YRS
	7.15 - 8.15 pm	ZUMBA FITNESS	BEGINNER - INTERMEDIATE	ADULTS
FRI	4.30 - 5.45 pm	KIDS KUNG FU/KICKBOXING	MIXED	8 - 15 YRS
	6.00 - 7.15 - 7.45pm	KICKBOXING SYLLABUS & SPARRING	MIXED	ADULTS
SAT	10.00 -11.00-11.30am	KIDS KUNG FU/KICKBOXING	MIXED	4 - 14 YRS

Please note: Classes with 3 times are as follows...

Fri Kickboxing Syllabus from 6-7.15 and then 30mins sparring finishing at 7.45

Sat Kids Class 10-11 for ALL Little Dragons and Kids beginners an 10-11.30 for ALL Sash Graded Students

ML Backwell - Backwell Football Club

THURS	4.30 - 5.30 pm	LITTLE DRAGONS	MIXED	4 - 7 YRS
	5.45 - 7.00 pm	KIDS KUNG FU/KICKBOXING	MIXED	8 - 14 YRS
	7.15 - 8.45 pm	ADULT KICKBOXING	MIXED	ADULTS

ML Clevedon - Sunhill Park

TUESDAY	4.30 - 5.30 pm	LITTLE DRAGONS	MIXED	4 - 7 YRS
	5.45 - 7.00 pm	KIDS KICKBOXING	MIXED	8 - 14 YRS
	7.15 - 8.45 pm	ADULT KICKBOXING	MIXED	ADULTS

ML Bath – Hillside Hall Community Centre

MONDAY	4.30 - 5.30 pm	LITTLE DRAGONS	MIXED	4 - 7 YRS
	5.45 - 7.00 pm	KIDS KICKBOXING	MIXED	8 - 14 YRS
	7.15 - 8.45 pm	ADULT KICKBOXING	MIXED	ADULTS

ML South Bristol - Brislington United Reformed Church

TUESDAY	4.30 - 5.30 pm	LITTLE DRAGONS	MIXED	4 - 7 YRS
	5.45 - 7.00 pm	KIDS KICKBOXING	MIXED	8 - 14 YRS
	7.15 - 8.45 pm	ADULT KICKBOXING	MIXED	ADULTS

ML Chew Valley – Chew Valley Leisure Centre

FRIDAY	5.00-5.45 pm	LITTLE DRAGONS	MIXED	4 - 7 YRS
	6.00-7.00 pm	KIDS KICKBOXING	MIXED	8-14YRS

ML Bradley Stoke – Meadowbrook Primary School

TUESDAY	4.30-5.30pm	LITTLE DRAGONS	MIXED	4 - 7 YRS
	5.45-7.00pm	KIDS KUNG FU & KICKBOXING	MIXED	8-14YRS
	7.15-9.00pm	ADULTS KUNG FU & KICKBOXING	MIXED	15YRS +

ML Nailsea – Scotch Horn Leisure Centre

SATURDAY	9.00-9.45am	LITTLE DRAGONS	MIXED	4 - 7 YRS
	10.00-11.15am	KIDS KICKBOXING	MIXED	8-14YRS
	11.30-1.00pm	ADULT KICKBOXING	MIXED	15+

ML Portishead

FRIDAY	4.30 - 5.30pm	LITTLE DRAGONS	MIXED	4 - 7 YRS
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ML Chew Valley

Friday	5.00 - 5.45pm	LITTLE DRAGONS	MIXED	4 - 7 YRS
	6.00 - 7.00pm	KIDS KICKBOXING	MIXED	8 - 14 YRS

ML Bath – Hayesfield School

MONDAY	4.30 - 5.30pm	LITTLE DRAGONS	MIXED	4 - 7 YRS
	5.45 - 7.00pm	KIDS KICKBOXING	MIXED	8 - 14 YRS
	7.15 - 9.00pm	ADULT KICKBOXING	MIXED	ADULTS

ML Filton

THURSDAY	4.30 - 5.30pm	LITTLE DRAGONS	MIXED	4 - 7 YRS
	5.45 - 7.00pm	KIDS KICKBOXING	MIXED	8 - 14 YRS
	7.15 - 9.00pm	ADULT KICKBOXING	MIXED	ADULTS