

# TIMETABLE

PLEASE BE PREPARED TO START ALL CLASSES ON TIME

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday (Morning)		
							9.30 - 10.30 am All Levels / Styles  <b>Club Training</b>		
<b>5.15 - 6.00pm</b>			Juniors St Helens Cadets (17:30 - 18:15) <b>Boxing Club</b>	Mixed TK Chopkicks  <b>Karate</b>		10.00 - 11.00am Juniors St Helens Cadets <b>Boxing Club</b>			
<b>6.15 - 7.00pm</b>	Carded Boxers Only  <b>Boxing Club</b>	Inter / Adv TK Chopkicks  <b>Karate</b>	Inter / Adv TKB - Sparring  <b>Kickboxing</b>	Intermediate / Advanced (Green belt up)  <b>Karate</b>					
<b>7.00 - 7.45pm</b>	<b>Ladies Self Defence and Kickboxing</b>	Beginners  <b>Kickboxing</b>	Adult <b>Tae Kwon Do</b>	Beginners  <b>Kickboxing</b>	<b>Wing Chun</b>	Beginners  <b>Kickboxing</b>	Beginners  <b>Aikibudo</b>	7.00 - 8.00 pm Inter / Adv Sparring / Skills  <b>Club Training</b>	14.00 - 15.30 pm Pay as you go  <b>Kung-Fu</b>
<b>7.45 - 8.45pm</b>	Inter / Adv  <b>Kickboxing</b>	Inter  <b>Kickboxing</b>	<b>Spirit Combat</b>	Inter / Adv  <b>Kickboxing</b>	All Levels  <b>Boxing</b>	Inter/Adv  <b>Aikibudo</b>			
<b>8.45 - 9.30pm</b>	Beginners  <b>Boxing Club</b>	Academy Fighters Class  <b>Kickboxing</b>	Skills Beginners/ Intermediate  <b>Boxing Club</b>	Fighters Class  <b>Boxing Club</b>					

**Child Classes:**

Mini TK Chopkicks  
TK Chopkicks  
TKB Kickboxing  
Boxing  
Spirit Combat

[www.millenniumcentre.co.uk](http://www.millenniumcentre.co.uk)

**Why not try another discipline?  
Please contact Steve for further details**

**Adult Classes:**

Kickboxing  
Boxing  
Aikibudo  
Tae Kwon Do  
Spirit Combat  
  
Wing Chun  
Kung Fu  
Self Defence