

# Evolution Martial Arts

## WEEKLY IN-TERM TIMETABLE

### Thornleigh Dojo

THORNLEIGH  
COMMUNITY CENTRE

MON & TUES



### Pennant Hills Dojo

PENNANT HILLS  
COMMUNITY CENTRE

THURS & SUN

### Monday

KIDZ 4-6 YRS BJJ 4:30-5PM

KIDZ 7-9YRS BJJ 5-6PM

CADETS 10-13YRS BJJ 6-7PM

YIN YANG 14+YRS 7-9PM  
(CLASSIC KARATE  
FOLLOWED BY YOGA)

### Tuesday

KIDZ 4-6 YRS BJJ 4:30-5PM

KIDZ 7-9YRS BJJ 5-6PM

CADETS 10-13YRS BJJ 6-7PM

KARATE + (SPARRING)  
14+ YRS 7-9PM

### Thursday

KIDZ 4-6 YRS KUMITE 4:30-5PM

KIDZ 7-9 YRS KUMITE 5-6PM

CADETS 10-13YRS KUMITE 6-7PM

SUGAR RAY'S BOXING  
14+ YRS 7-9PM

### Sunday

KIDZ 5-9YRS CLASSIC  
KARATE 5-6PM

10+ YRS CLASSIC  
KARATE 6-8PM

CLASSES RUN TO A HOLIDAY TIMETABLE DURING NSW SCHOOL HOLIDAY PERIODS