

Evolution Martial Arts

WEEKLY IN-TERM TIMETABLE

Thornleigh Dojo

THORNLEIGH
COMMUNITY CENTRE

MON & TUES



Pennant Hills Dojo

PENNANT HILLS
COMMUNITY CENTRE

THURS & SUN

Monday

YIN YANG FUSION
14+ YRS 7-9PM
(CLASSIC KARATE
AND 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