Timetable

West Coast Academy of Martial Arts

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8.00am to 9.00am						MMA Grappling Class 8.00am to 9.00am	Grading Dates To Be Advised
9.00am to 10.00am						Kids 4/5 Years (Beginners) The Den	
10.00am to 11.00am	Womens Self Defence (All Ranks) The Den		Womens Self Defence (All Ranks) The Den		Womens Self Defence (All Ranks) The Den	Kids 6 - 8 Years (Beginners) The Den	
11.00am to 12.00pm						Juniors 9 - 13 Years (Beginners) The Den	
12.30pm to 1.30pm	Adults Self Defence (All Ranks) The Den		Adults Self Defence (All Ranks) The Den		Adults Self Defence (All Ranks) The Den		
		Private Lessons Available				Workshops & Short Courses	
4.00pm to 4.30pm	Kids 4/5 Years (Beginners) The Den	Kids 4/5 Years (Beginners) Bakers House	Kids 4/5 Years (Beginners) The Den	Kids 4/5 Years (Beginners) Bakers House			
4.30pm to 5.15pm	Kids 6 - 8 Years (Beginners) The Den	Kids 6 - 8 Years (Beginners) Bakers House	Kids 6 - 8 Years (Beginners) The Den	Kids 6 - 8 Years (Beginners) Bakers House	Kids 6 - 8 Years (Beginners) The Den		
5.15pm to 6.00pm	Juniors 9 - 13 Years (Beginners) The Den	Juniors 9 - 13 Years (Beginners) Bakers House	Juniors 9 - 13 Years (Beginners) The Den	Juniors 9 - 13 Years (Beginners) Bakers House	Juniors 9 - 13 Years (Beginners) The Den		
6.00pm to 6.45pm	Juniors 9 - 13 Years (Intermediate) The Den	Juniors 9 - 13 Years (Intermediate) Bakers House	Juniors 9 - 13 Years (Intermediate) The Den	Juniors 9 - 13 Years (Intermediate) Bakers House	Juniors 9 - 13 Years (Intermediate) The Den		
			Adult Classes				
7.00pm to 8.00pm	MMA Grappling Class 7.00pm to 8.00pm	Hyper Fight Club 6.45pm to 7.30pm Bakers House	Reality Based Self Defence (Beginners) The Den	MMA (6.45pm to 7.30pm) Bakers House	Adults Self Defence (Advanced) The Den		
8.00pm to 9.00pm	Adv Class (Invite Only) The Den	Reality Based Self Defence (Beginners) 7.30pm to 8.30pm Bakers House	MMA Striking (Adults MMA) The Den	Reality Based Self Defence (Beginners) 7.30pm to 8.30pm Bakers House	Adults Self Defence (Advanced) The Den		
9.00pm	Closed	Closed	Closed	Closed	Closed	Closed	

KEY: Bakers House Harrisdale   The Den Southern River

Timetable