


Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8.00am to 9.00am	<div> WEST COAST ACADEMY OF MARTIAL ARTS</div>					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	Women's Self Defence (All Ranks) The Den		Women's Self Defence (All Ranks) The Den		Women's 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	Workshops & Short Courses	
	Private Lessons Available						
3.45pm to 4.15pm	Kids 4-5 Years (Beginners) The Den	Kids 4-5 Years (Beginners) The Den	Kids 4-5 Years (Beginners) The Den	Kids 4-5 Years (Beginners) The Den			
4.15pm to 5.00pm	Kids 6 - 8 Years (Beginners) The Den	Kids 5 - 8 Years (Beginners) Bakers House	Kids 6 - 8 Years (Beginners) The Den	Kids 5 - 8 Years (Beginners) Bakers House	Kids 6 - 8 Years (Beginners) The Den		
5.00pm to 5.45pm	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		
5.45pm to 6.30pm	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						
6.30pm to 7.30pm	MMA Grappling Class	Hyper Fight Club (6.30pm to 7.15pm) Bakers House	Reality Based Self Defence (Beginners) The Den	MMA Grappling Class Bakers House	Adults Self Defence (Advanced) The Den		
7.30pm to 8.30pm	Adv Class (Invite Only) The Den	Adults Self Defense 14+ Baker House	MMA Sparring (Adults MMA) The Den	Adults Self Defense 14+ Baker House			
8.35pm	Closed	Closed	Closed	Closed	Closed	Closed	
KEY: Bakers House Harrisdale							The Den Southern River

Timetable