

CLASS TIMETABLE

SD MARTIAL ARTS

259 Greenstead Road, Colchester, CO1 2SJ
01206 860008

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

LITTLE DRAGONS
4.30-5.15 PM

3-5

KARATE SPARRING
5.30-6.30 PM

6+

HATTON BOXING
9.30-10.30 AM

14+

KICKBOXING FOR
FITNESS
9.30-10.15 AM

14+

LITTLE DRAGONS
4.30-5.15 PM

3-5

HIIT COMBAT FITNESS
8.30-9.15 AM

14+

KARATE
5.45-6.45 PM

6+

HATTON BOXING
6.30-7.30 PM

14+

LITTLE DRAGONS
4.30-5.15 PM

3-5

BEG-INT KARATE
5.45-6.45 PM

6+

KARATE/KATA
5.45-6.45 PM

6+

KARATE SPARRING
9.15-10.15 AM

6+

KIDS FREESTYLE
NINJA TRAINING
5.45-6.45 PM

8+

KARATE
6.45-7.45 PM

6+

KIDS KRAV MAGA
5.00-6.00 PM

8+

ADVANCED KARATE
7.00-8.00 PM

NO GI
6.30-8.00 PM

12+

LITTLE DRAGONS
9.30-10.15 AM

3-5

KRAV MAGA
6.30-7.30 PM

14+

CALLISTHENICS
7.00-8.00 PM

14+

KIDS FREESTYLE
NINJA TRAINING
5.45-6.45 PM

8+

MUAY THAI
7.00-8.30 PM

14+

BOXING
7.00-8.00 PM

14+

HATTON BOXING
9.30-10.30 AM

14+

SPIN CLASS
6.30-7.30 PM

16+

BJJ
7.30-9.00 PM

15+

KARATE
5.45-6.45 PM

6+

BJJ
7.30-9.00 PM

15+

KARATE
10.30-11.30 AM

6+

FREESTYLE NINJA
TRAINING
7.00-8.00 PM

14+

MUAY THAI
7.30-9.00 PM

14+

KRAV MAGA
6.00-7.00 PM

14+

FAMILY KRAV MAGA
11.30 AM-12.30 PM

8+

KICK BOXING
7.00-8.00 PM

7+

BOXING
7.30-8.30 PM

14+

BOXING
7.00-8.00 PM

14+

MMA
12.30-1.30 PM

12+

MMA
7.30-9.00 PM

12+

KICK BOXING
7.00-8.00 PM

7+

BJJ
7.30-9.00 PM

15+

MMA
7.00-8.00 PM

12+

SPIN CLASS
7.00-8.00 PM

16+

KETTLEBELLS & ABS
9.30-10.15 AM

14+

KARATE
9.30-10.30 AM

6+

KATA
10.45-11.45 AM

6+

FITNESS CLASSES (PAYG) - £7.00
MARTIAL ARTS CLASSES (PAYG) - £7.00
ANY 1 CLASS PW - £26.00 MONTHLY
ANY 1 CLASS PW INC GYM - £42.00
ANY 2 CLASSES PW - £45.00 MONTHLY
ANY 2 CLASSES PW INC GYM - £55.00 MONTHLY

ANY 3 CLASSES PW - £55.00 MONTHLY
ANY 3 CLASSES PW INC GYM - £65.00 MONTHLY
GYM & UNLIMITED FITNESS CLASSES - £45.00 MONTHLY
ANY 1 CLASS PW INC GYM - £7.00 MONTHLY
GYM - £15.99 MONTHLY
GYM (OFF PEAK: 11AM-3PM) - £9.99 MONTHLY

NO GI (PAYG) - £10.00
ADULT KRAV MAGA/MMA/THAI (PAYG) - £10.00
BJJ/KRAV MAGA/THAI UNLIMITED INC GYM - £65.00 MONTHLY
ANY 1 BJJ/KRAV/THAI MAGA PW - £35.00 MONTHLY
ULTIMATE UNLIMITED PACKAGE - £75.00 MONTHLY
YEARLY MEMBERSHIP INSURANCE - £50.00