



EVEREST

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00-08:00	FUNDAMENTALS RSVP 22:00				FUNDAMENTALS RSVP 22:00		
09:00-10:30							
9:30-10:30 9:30-11:00		FUNDAMENTALS RSVP 22:00	INTERMEDIATE ADVANCED RSVP 22:00	FUNDAMENTALS RSVP 22:00			
10:30-11:30							
11:00-12:00						FUNDAMENTALS RSVP 22:00	
12:00-13:30						INTERMEDIATE ADVANCED RSVP 22:00	INTERMEDIATE ADVANCED RSVP 22:00
13:30-14:30							
18:00-19:00							
19:00-20:30 19:00-20:00	FUNDAMENTALS RSVP 11:00	DRILLING BASIC&STRONG RSVP 11:00	BOXING RSVP 11:00	DRILLING BASIC&STRONG RSVP 11:00	DONATION CLASS RSVP 11:00		
20:00-21:00							

WHAT HAPPENS IN EACH CLASS?

FUNDAMENTAL: Basic combinations that will improve the technique of your strikes. (1H)

INTERMEDIATE/ ADVANCED: Separate classes based on your level. Learn new skills to pass to the next level (1H30MINS)

BOXING: Focus on your punching and elbowing. In this class you can rest your legs (1H30MINS)

BASIC&STRONG: Strong warm-up and isolation of technique from beginner to master. (1H30MINS)

DRILLING: Intense advanced training, with complex techniques and strategies (1H30MINS)

DONATION CLASSES: Self-defence classes for women or mixed groups (check below for more info) (1H30MINS)

IMPORTANT!

RSVP meaning: Respond before this time to be able to come to the class.

The RSVP closes a few hours prior to class, if you didn't make it let us know, maybe we can fit you in

The no show charge is applied if you are still signed in to the class after the RSVP is closed

FOR MORE DETAILS PLEASE CHECK THE RULES.



The 2nd Friday of each month we have a mixed donation-based class.