

LIFE MARTIAL ARTS MYAREE

FMA CORE PROGRAM



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Ninja Ru (3-4) 3:45-4:15	.	Ninja Ru (3-4) 3:45-4:15	.	Ninja Ru (3-4) 8:00-8:30
FMA Kids (5-10) White-Blue 3:30-4:15	FMA Kids (7-10) Green-Black 3:30-4:15	FMA Kids (5-10) White-Blue 3:30-4:15	FMA Kids (7-10) Green-Black 3:30-4:15	FMA Kids (5-10) White-Blue 3:30-4:15	FMA Kids (5-10) White-Blue 8:30-9:15
FMA Kids (7-10) Green-Black 4:15-5:00	FMA Kids (5-10) White-Blue 4:15-5:00	FMA Kids (7-10) Green-Black 4:15-5:00	FMA Kids (5-10) White-Blue 4:15-5:00	FMA Kids (7-10) Green-Black 4:15-5:00	FMA Kids (7-10) Green-Black 9:15-10:00
Elite Kids Weapons 5:00-5:45	FMA Kids (11-14) All Ranks 5:00-5:45	Elite Kids Weapons 5:00-5:45	FMA Kids (11-14) All Ranks 5:00-5:45	FMA Kids (11-14) All Ranks 5:00-5:45	FMA Kids (11-14) White- Blue 10:00-10:45
FMA Kids (11-14) All Ranks 5:45-6:30	FMA Leadership 5:45-6:30	FMA Kids (11-14) All Ranks 5:45-6:30	FMA Leadership 5:45-6:30	FMA Teen/Adult 5:45-7:00	FMA Kids (11-14) Green-Black 10:45-11:30
FMA Teen/Adult White-Blue 6:30-7:30	FMA Teen/Adult All Rank 6:30-7:30	FMA Teen/Adult Green-Black 6:30-7:30	FMA Teen/Adult All Rank 6:30-7:30		FMA GPG Kids 11:30-12:30
FMA Teen/Adult Green-Black 7:30-8:30	Krav Maga Teen/Adult 7:30-8:30	FMA Teen/Adult White-Blue 7:30-8:30	Krav Maga Teen/Adult 7:30-8:30		FMA and MT Teen/Adult 12:30-1:30

TERM 2 TIMETABLE STARTS MONDAY 15TH APRIL