



Arklow - Class Timetable

Times	Mon	Tues	Wed	Thurs	Sat
11.00am					Little/Junior Eagles Kickboxing
12.00pm					Adults Kickboxing
1.00pm					Adults Sparring
4.15pm	Little Eagles Martial Arts 4-6yrs		Little Eagles Martial Arts 4-6yrs		
5pm	Little Eagles Martial Arts 7-8yrs		Little Eagles Martial Arts 7-8yrs		
6pm	Junior Eagles Martial Arts 9-14 yrs		Junior Eagles Martial Arts 9-14yrs		
7pm	Adults Kickboxing		Adults Kickboxing		
8pm	Adults Sparring				

Unit 2 Port View, Knockenrahen, Arklow
Tel: 086 1720969

Bray - Class Timetable

Times	Tuesday	Thursday
5.15pm	Little Eagles 4-8yrs	Little Eagles 4-8yrs
6.00pm	Junior Eagles 9-14yrs	Junior Eagles 9-14yrs
7.00pm	Adults Kickboxing	Adults Kickboxing
8.00pm	Senior Sparring	Senior Sparring

**St. Kilians Sports Hall,
Boghall Road,
Bray,
Co Wicklow**