



# **DUNDALK MAS-F**

Martial Arts School of Fitness

<b>MONDAY</b>	<b>TUESDAY</b>
3PM: Hip Hop 3-7years	11:30AM:Rehabcare Kickboxing
4PM: Hip Hop 8-12years	2:30PM SCHOOLS
5PM: Hip Hop 13-15years	3PM: Hip Hop 7-9YRS
5PM: Advanced Juniors Kickboxing	4PM: Hip Hop 10-12YRS
6PM: Hip Hop 16 and over	5PM: JUNIOR WARRIORS
6PM: SPARRING	6PM: Hip Hop
7PM: INSANITY	7PM: THAI BOXING
7PM: KICKBOXING	7PM: FITNESS KICKBOXING
8PM: PX90	8PM: MMA
	8:30PM: AIKIDO
<b>WEDNESDAY</b>	<b>THURSDAY</b>
3PM: Hip Hop 3-7years	5PM: WEE WARRIORS
4PM: Hip Hop 8-12years	6PM: JUNIOR WARRIORS
5PM: Hip Hop 13-15years	6PM: WEAPONS TRAINING
5PM: Advanced Juniors Kickboxing	7PM: THAI BOXING
6PM: Hip Hop 16 and over	7PM: FITNESS KICKBOXING
6PM: KUNG FU	8PM: AIKIDO
7PM: INSANITY	8:30PM: MMA
7PM: KICKBOXING	
8PM: PX90	
<b>FRIDAY</b>	<b>SATURDAY</b>
	10:30AM INDUCTIONS
5PM: FORMS TRAINING	11:30AM WEE WARRIORS
6PM:	12:30PM JUNIOR WARRIORS
7PM: INSANITY	12:30PM SPARRING
	1:30PM TRICKING: Gymnastics and kicking skills
Check calendar for special events	1:30pm Weapons Training

**Contact us at**

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