



# Summer 2024 Timetable

(from 6th April)



	Daytime					09:00	Saturday
	Monday	Tuesday	Wednesday	Thursday	Friday		
10:00			Adult		Open Mat	10:00	Beginner All Ages
11:00		Open Mat	Open Mat		Weapons	11:00	Advanced All Ages
12:00		Adult	Golden Eagles		Adult	11:00	Intermediate All Ages
	After School & Evenings					Afternoon/ Evening	Available for Birthday Parties: Martial Arts, NERF or Soft Play
16:00	Tiny Tigers	Tiny Tigers	Tiny Tigers	Tiny Tigers	Tiny Tigers		
	Tigers	Tigers	Tigers	Tigers	Tigers		Sunday
17:00	Crane	Crane	Crane	Crane	Crane		
	(Mini) Mantis	(Mini) Mantis	(Mini) Mantis	(Mini) Mantis	(Mini) Mantis	Morning/ Afternoon	Available for Birthday Parties: Martial Arts, NERF or Soft Play
18:00	Dragons	Dragons	Dragons	Dragons	Dragons		
	Stunt Training	Open Mat	Open Mat	Open Mat	Open Mat	16:00	Master Class Family
19:00	Youth/Adult	Youth/Adult	Beginner/Inter	Youth/Adult	Grappling		
	Youth Black Belt	Kickboxing	Youth/Adult	Youth/Adult GSN			17:00
20:00	Adult Black Belt	Grappling	Advanced Youth/Adult	JJN/SSN/KKN	Youth/Adult	18:00	Cobras Demo Team

**Open Mat:** 13+ drop-in practice (no instruction)  
**Master Class:** specific topic class  
**Golden Eagles:** Adult 55+ slower pace & low impact  
**Family:** All ages & abilities  
**Stunt Training:** Junior acrobatics & combat class  
**Cobras Demo Team:** Successful trialists only

[Please check out our website](http://www.bmazed.co.uk)  
[www.bmazed.co.uk](http://www.bmazed.co.uk)  
[for more class details, calendar, Master Class topics, special events](#)  
[& to book birthday parties](#)

**Age Groups**  
**Junior:** Under 13  
**Youth:** 13-17  
**Adult:** 18+  
**Belt Groups**  
**Beginner:** White Belt  
**Intermediate:** Yellow Belt to Brown Belt  
**Advanced:** DBN/Black Belt