

POLLET'S MARTIAL ARTS ORANGE

Phone: (02) 6363 1900 Email: kyoshi@pollets.com.au

Website: www.pollets.com.au/orange



ORANGE TIMETABLE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING CLASSES						
6:00am	Private Lesson Available	Private Lesson Available	Private Lesson Available	Private Lesson Available	Private Lesson Available	
7:00am		VIP CLASS		VIP CLASS		
8:00am	Private Lesson Available	Private Lesson Available	Private Lesson Available	Private Lesson Available	Private Lesson Available	
9:00am	Private Lesson Available	Private Lesson Available	Private Lesson Available	Private Lesson Available	Private Lesson Available	Little Tigers (2-6 YEARS)
9:30am		LADIES CLASS		LADIES CLASS		KARATE
10:30am	Private Lesson Available	Private Lesson Available	Private Lesson Available	Private Lesson Available	Private Lesson Available	MUAY THAI
AFTERNOON / EVENING CLASSES						
4:00pm	Little Tigers (2-6 YEARS)	Little Tigers (2-6 YEARS)	Little Tigers (2-6 YEARS)	Little Tigers (2-6 YEARS)	Little Tigers (2-6 YEARS)	
4:30pm	JIU JITSU	JIU JITSU	TRANSITION KARATE (5-8 YEARS)	MUAY THAI	TRANSITION KARATE (5-8 YEARS)	
5:30pm	MUAY THAI	KARATE	KARATE	BOXING	KARATE	
6:30pm	BOXING	MUAY THAI	KATA	MMA	KATA	
				BROWN BELT CLASS		