



Stan The Man Fitness Academy HOUSE OF CHAMPIONS

LEVEL 1/178 WHITEHORSE RD BLACKBURN PH:8838 2171



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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6.30AM - 9.30PM	6.30AM - 9.30PM	6.30AM - 9.30PM	6.30AM - 9.30PM	6.30AM - 9.00PM	8.00AM-4.00PM	9.00AM-3.00PM
6.30AM - 7.30AM	OPEN DOJO FREESTYLE TRAINING	OPEN DOJO FREESTYLE TRAINING	OPEN DOJO FREESTYLE TRAINING	OPEN DOJO FREESTYLE TRAINING	OPEN DOJO FREESTYLE TRAINING	8.00am - 9.00am OPEN DOJO FREESTYLE TRAINING	9.00am - 3.00pm OPEN DOJO FREESTYLE TRAINING
9.15AM - 10.15AM	OPEN DOJO FREESTYLE TRAINING	OPEN DOJO FREESTYLE TRAINING	OPEN DOJO FREESTYLE TRAINING	OPEN DOJO FREESTYLE TRAINING	OPEN DOJO FREESTYLE TRAINING	9.15am - 10.15am JAB BANG CIRCUIT INCLUDES SENIOR SPARTAN KIDS	
10.30AM-11.30AM	OPEN DOJO FREESTYLE TRAINING	OPEN DOJO FREESTYLE TRAINING	OPEN DOJO FREESTYLE TRAINING	OPEN DOJO FREESTYLE TRAINING	OPEN DOJO FREESTYLE TRAINING	10.30am-12pm SPARRING FOR ALL LEVELS	
11.30AM - 4.15PM	OPEN DOJO FREESTYLE TRAINING	OPEN DOJO FREESTYLE TRAINING	OPEN DOJO FREESTYLE TRAINING	OPEN DOJO FREESTYLE TRAINING	OPEN DOJO FREESTYLE TRAINING	10.30am-4.00pm OPEN DOJO FREESTYLE TRAINING	
4.15PM - 5.00PM	OPEN DOJO FREESTYLE TRAINING	JUNIOR SPARTAN KIDS KICKBOXING Ages 5-9	OPEN DOJO FREESTYLE TRAINING	JUNIOR SPARTAN KIDS KICKBOXING Ages 5-9	OPEN DOJO FREESTYLE TRAINING		
5.00PM - 6.00PM	OPEN DOJO FREESTYLE TRAINING	SENIOR SPARTAN KIDS KICKBOXING AGES 10-14	OPEN DOJO FREESTYLE TRAINING	SENIOR SPARTAN KIDS KICKBOXING AGES 10-14	OPEN DOJO FREESTYLE TRAINING		
6.15PM - 7.15PM	JAB BANG CIRCUIT CLASS	JAB BANG CIRCUIT CLASS	JAB BANG CIRCUIT CLASS	JAB BANG CIRCUIT CLASS	STRETCH & MEDITATION CLASS 6.15pm-7pm		
7.30PM - 8.30PM	BEGINNERS / INTERMEDIATE KICKBOXING	INTERMEDIATE/ ADVANCED KICKBOXING	BEGINNERS / INTERMEDIATE KICKBOXING	INTERMEDIATE/ ADVANCED KICKBOXING	7pm - 9pm OPEN DOJO FREESTYLE TRAINING		
8.30PM - 9.30PM	OPEN DOJO FREESTYLE TRAINING	OPEN DOJO FREESTYLE TRAINING	OPEN DOJO FREESTYLE TRAINING	OPEN DOJO FREESTYLE TRAINING			