SIMONE HOPKINS & SONS MARTIAL ARTS ACADEMY CLASS TIMETABLE

DAY	LITTLE HEROES 4-6YRS	JUNIOR HEROES 7-11YRS	TEENS & ADULTS 12YRS+	LADIES ONLY 12YRS+
MONDAY	5:00-5:30PM GL3 HUB CHURCHDOWN With JAMIE	5:45-6:30PM GL3 HUB CHURCHDOWN With JAMIE	6:45-7:30PM GL3 HUB CHURCHDOWN With JAMIE	
		BLACKBELT CLASS GL3 HUB CHURCHDOWN With SIMONE 7:30-8:15PM		
TUESDAY	5:00-5:30PM BRIZEN, CHELT With SIMONE	5:45-6:30PM BRIZEN, CHELT With SIMONE	6:45-7:30PM BRIZEN, CHELT With SIMONE	7:45-8:30PM BRIZEN, CHELT With SIMONE
WEDNESDAY	5:00-5:30PM CHURCHDOWN CLUB With RICKY	6:30-7:15PM CHURCHDOWN CLUB With RICKY	7:30-8:15PM CHURCHDOWN CLUB With RICKY	
	KIDS SPARRING CLASS 5:45-6:15PM CHURCHDOWN CLUB With RICKY		ADULTS SPARRING CLASS 8:15-9:00PM CHURCHDOWN CLUB With RICKY	
THURSDAY	5:00-5:30PM BRIZEN, CHELT With SIMONE	5:45-6:30PM BRIZEN, CHELT With SIMONE	6:45-7:30PM BRIZEN, CHELT With SIMONE	
SATURDAY	10:30-11:00AM GL3 HUB CHURCHDOWN With BOBBY	11:00-11:45AM GL3 HUB CHURCHDOWN With BOBBY		11:45-12:30PM GL3 HUB CHURCHDOWN With BOBBY

ALL CLASSES MUST BE BOOKED VIA THE APP

GL3 HUB Churchdown: GL3 Community Hub, Cheltenham Road East, Gloucester, GL3 1HX
Brizen Cheltenham Venue: The Brizen Young Peoples Centre, Up Hatherley Way, Cheltenham GL51 4BB
Churchdown Club: Church Road, Churchdown, GL3 2ER

Sparring classes are only open to those with a sparring class add-on membership (not included in your standard or VIP membership). If you wish to join please contact us.

Black belt classes are only open to students who are grade black belt or above or those who are on black belt prep

CONTACT US: VIA THE APP OR EMAIL: admin@simonehopkinsandsonsmartialarts.com