

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Boxing (all levels) 10.30am - 12pm	Caveman Circuits 6.00am - 7.00am & 7.00am - 8.00am	Black Dragon Family Class Kickboxing 4.15pm - 5.00pm	Caveman Circuits 6.00am - 7.00am & 7.00am - 8.00am	Junior Muay Thai 5.00pm - 5.45pm (8-16 year olds)	Jeet Kune Do 9.00am - 10.30am (all levels)	Ladies Urban Combat / Kickboxing / Self-Defence 11.00am - 12.00pm
Little Dragons Kickboxing 4.15pm - 5.00pm (4-8 year olds)	Boxing (all levels) 10.30am - 12.00pm	Junior MMA 5.00pm - 5.45pm (8-16 year olds)	Boxing (all levels) 10.30am - 12.00pm	Olympic Wrestling 5.30pm - 7.00pm	Karate 9.00am - 10.30am (adults & juniors all levels)	Olympic Wrestling 12.00pm - 2.00pm
Junior Kickboxing 5.00pm - 5.45pm (8-16 year olds)	Beginner MMA 12.00pm - 1.00pm	Judo 6.00pm - 7.00pm	Beginner MMA 12.00pm - 1.00pm	Black Dragon Kickboxing 5.45pm - 7.00pm (beginner to intermediate)	Black Dragon Family Class Kickboxing 10.30am - 11.30am	Polish KI Kickboxing 3.00pm - 4.30pm
Black Dragon Kickboxing 5.45pm - 7.00pm (Beginner to intermediate)	Little Dragon Kickboxing 4.15pm - 5.00pm (4-8 year olds)	Beginners Muay Thai 6.00pm - 7.00pm	Polish KI Kickboxing 4.00pm - 5.30pm	Boxing (all levels) 7.00pm - 8.30pm	Tae Kwon Do 11.30pm - 1.30pm	Kyokushin Karate 3.00pm - 5.00pm (adults & juniors all levels)
Beginner MMA 6.00pm - 7.00pm	Polish KI Kickboxing 4.00pm - 5.30pm	Beginner MMA 6.00pm - 7.00pm	Little Dragons 4.15pm - 5.00pm (4-8 year olds)	Beginner MMA 7.00pm - 8.00pm	Kali Full Contact Stick Fighting 12.00pm - 2.00pm	Shin Juko Ryu Jiu Jitsu 5.00pm - 7.00pm (all levels)
Intermediate MMA 7.00pm - 9.00pm	Junior Muay Thai 5.00pm - 5.45pm (8-16 year olds)	Boxing (all levels) 7.00pm - 8.30pm	Junior Kickboxing 5.00pm - 5.45pm (8-16 year olds)	Intermediate MMA 7.00pm - 9.00pm	Brazilian Jiu Jitsu 1.30pm - 3.00pm	
Brazilian Jiu Jitsu 7.00pm - 9.00pm	Black Dragon Kickboxing 5.45pm - 7.00pm (intermediate)	Intermediate MMA 7.00pm - 9.00pm	Intermediate Kickboxing 5.45pm - 7.00pm	Kyokushin Karate 7.00pm - 8.30pm (adults & juniors all levels)	Beginner MMA 2.00pm - 3.00pm	
MMA Academy Sparring 9.00pm - 10.00pm	Beginner Muay Thai 6.00pm - 7.00pm	Jeet Kune Do 8.00pm - 9.30pm (all levels)	Beginners Brazilian Jiu Jitsu 5.45pm - 7.00pm	MMA Advance Sparring 9.00pm - 10.00pm	Beginners Brazilian Jiu Jitsu 3.00pm-4.00pm (12 years onwards)	
	Beginners Brazilian Jiu Jitsu 5.45pm - 7.00pm	Kyokushin Karate 8.00pm - 9.30pm (adults & juniors all levels)	Beginner Muay Thai 6.00pm - 7.00pm		Junior MMA 3.00pm - 4.00pm	
	Naksoo Muay Thai 7.30pm - 9.30pm	MMA Advance Sparring 9.00pm - 10.00pm	Brazilian Jiu Jitsu 7.00pm - 9.00pm		Polish KI Kickboxing 4.00pm - 5.30pm	
	Brazilian Jiu Jitsu 7.00pm - 9.00pm		Naksoo Muay Thai 7.30pm - 9.30pm		Judo 4.00pm - 5.00pm	
	Ladies Urban Combat / Kickboxing / Self-Defence / Beginner 7.30pm - 8.30pm		Ladies Urban Combat / Kickboxing / Self-Defence 7.30pm - 8.30pm			



BST ACADEMY

Sol Central, Marefair,
Northampton NN1 1SR
Tel 01604 946 191

- BST Academy
- @BSTMMAACADEMY
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WWW.BSTMMAACADEMY.COM



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"HOWEVER LONG AND HARD THE ROAD MAY BE..."