



Personal classes are available by appointment between 7am-9pm, 7 days a week.

■ = Kids' sessions

■ = Hackney Dojo: energie Hackney, 3 Reading Lane, London E8 1GQ

**CONTACT US:**

T 020 7586 1222 E info@themartialartsplace.com  
88 Avenue Road, Swiss Cottage, London NW3 3HA  
[www.themartialartsplace.com](http://www.themartialartsplace.com)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7.00am <b>Focused</b> INTENSIVE		7.00am <b>Focused</b> INTENSIVE			
10.30am <b>Workout Class</b> ALL LEVELS	10.30am <b>Beginners Kickboxing</b> BASIC	10.30am <b>Intermediates Kickboxing</b> BASIC / INTENSIVE	10.30am <b>Workout Class</b> ALL LEVELS			9am <b>TMAP Juniors Kickboxing</b> 8 TO 10 YEARS
	12pm <b>Brazilian Jiu Jitsu</b> BJJ SCHOOL		12pm <b>Brazilian Jiu Jitsu</b> BJJ SCHOOL		9.45am <b>Little Monkeys™ Focused</b> 5 TO 7 YEARS	9.45am <b>TMAP Juniors Focused</b> 8 TO 10 YEARS
4pm <b>Little Monkeys™ Kickboxing</b> 5 TO 7 YEARS	4pm <b>Little Monkeys™ Focused</b> 5 TO 7 YEARS	4pm <b>Little Monkeys™ Kickboxing</b> 5 TO 7 YEARS	4pm <b>TMAP Juniors Focused</b> 8 TO 10 YEARS		10.30am <b>Little Monkeys™ Kickboxing</b> 5 TO 7 YEARS	10.30am <b>Little Monkeys™ Kickboxing</b> 5 TO 7 YEARS
4.45pm <b>TMAP Juniors Kickboxing</b> 8 TO 10 YEARS	4.45pm <b>Little Monkeys™ Kickboxing</b> 5 TO 7 YEARS	4.45pm <b>TMAP Juniors Kickboxing</b> 8 TO 10 YEARS	4.45pm <b>Little Monkeys™ Kickboxing</b> 5 TO 7 YEARS		11.15am <b>TMAP Juniors Kickboxing</b> 8 TO 10 YEARS	11.15am <b>TMAP Juniors Kickboxing</b> 11 TO 14 YEARS
5.30pm <b>TMAP Juniors Kickboxing</b> 11 TO 14 YEARS		5.30pm <b>TMAP Juniors Kickboxing</b> 11 TO 14 YEARS			12pm <b>Workout Class</b> ALL LEVELS	12pm <b>Workout Class</b> ALL LEVELS
6.30pm <b>Beginners Kickboxing</b> BASIC	6pm <b>Seniors Kickboxing</b> BASIC / INTENSIVE	6.30pm <b>Beginners Kickboxing</b> BASIC	6pm <b>Intermediates Kickboxing</b> BASIC / INTENSIVE		2pm <b>Kids parties</b> (2 HOURS)	2pm <b>Kids parties</b> (2 HOURS)
7.30pm <b>Intermediates Kickboxing</b> BASIC / INTENSIVE	7pm <b>Beginners Kickboxing</b> BASIC	7.30pm <b>Intermediates Kickboxing</b> BASIC / INTENSIVE	7pm <b>Senior Kickboxing</b> BASIC / INTENSIVE			
8.30pm <b>Senior Kickboxing</b> BASIC / INTENSIVE	8pm <b>Workout Class</b> ALL LEVELS	8.30pm <b>Senior Kickboxing</b> BASIC / INTENSIVE	8pm <b>Beginners Kickboxing</b> BASIC			

Hackney Dojo
Monday
4pm <b>Little Monkeys™</b> 5 TO 7 YEARS
Tuesday
Wednesday
Thursday
4pm <b>Little Monkeys™</b> 5 TO 7 YEARS
Friday
Saturday
Sunday