



Shire Martial Arts – Class Times

	Saturday	Monday	Tuesday	Wednesday	Thursday	Friday
9.00 am - 9.30 am	* Family 1			<u>Yoga</u> General Class 9.30-10.45 am		<u>Yoga</u> General Class 9.30-10.45 am
9.45 am - 10.15 am	* Family 2			Yoga General Class		Yoga General Class
10.30 am - 11.00 pm	* Family 3					
4.00 pm – 4.30 pm		Kids 1	Kids 2	Kids 3	Kids 4	Kids 5
4.45 pm – 5.15 pm		Kids/Teens 1	Kids/Teens 2	Kids/Teens 3	Kids/Teens 4	* Family 4
5.30 pm – 6.00 pm		Teen/Adult 1	Teen/Adult 2	Teen/Adult 4	Teen/Adult 5	* Family 5
6.15 pm – 6.45 pm		<u>Yoga</u> General Class	Teen/Adult 3		Advanced	
7.00 pm – 8.00 pm		General Class 6.30-8.00 pm	Adult		Adult	

* Family Classes are for kids aged 8 yrs old & above, as well as teens and adults

If you any questions please call 02 9531 7648 or [contact SMA here](#)