

# Evolution Martial Arts

Thornleigh: Thornleigh Community  
Centre, Corner of Central & Phyllis Aves

Pennant Hills: Pennant Hills Community  
Centre, Cnr of Ramsay & Yarrara Rds

## Monday: Thornleigh

14+ Yrs Sugar Rays Boxing 7-9pm

## Tuesday: Thornleigh

3-5 Yrs Preschool Karate 4-4:30pm

5-6 Yrs Karate Kidz 4:30-5:15pm

7-9 Yrs Karate Kidz 5:15-6pm

10-13 Yrs Karate Cadets 6-7pm

14+ Yrs Shoto Club Karate 7-8:30pm

## Wednesday: Pennant Hills

8+ Yrs Performance Kata 5-6pm

## Thursday: Pennant Hills

3-5 Yrs Preschool Karate 4-4:30pm

5-6 Yrs Karate Kidz 4:30-5:15pm

7-9 Yrs Karate Kidz 5:15-6pm

10-13 Yrs Karate Cadets 6-7pm

14+ Yrs Sugar Rays Boxing 7-9pm

## Sunday: Pennant Hills

5-9 Yrs Kata Basics 5-6pm

10+ Yrs Kata 5-8pm



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