

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 7:00pm

Tuesday: Thornleigh

3-5 Yrs Preschool Karate 4:00pm

5-6 Yrs Karate Kidz 4:30pm

7-9 Yrs Karate Kidz 5:15pm

10-13 Yrs Karate Cadets 6:00pm

14+ Yrs Shoto Club Karate 7:00pm

Thursday: Pennant Hills

3-5 Yrs Preschool Karate 4:00pm

5-6 Yrs Karate Kidz 4:30pm

7-9 Yrs Karate Kidz 5:15pm

10-13 Yrs Karate Cadets 6:00pm

14+ Yrs Shoto Club Karate 7:00pm

Sunday: Pennant Hills

5-9 Yrs Kata Basics (1 hour) 5:00pm

10+ Yrs Kata (3 hours) 5:00pm



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