


# Darlington Academy

Monday 		Thursday	
3:45 - 4:15pm	Lil Ninja's 4-6yrs	12:00 - 1:00pm	Kickboxing - Open Class
4:15 - 4:45pm	Lil Ninja's 4-6yrs	3:45 - 4:15pm	Lil Ninja's 4-6yrs
4:50 - 5:30pm	Kickboxing Kid's 6-9yrs	4:15 - 4:45pm	Lil Ninja's 4-6yrs
5:45 - 6:30pm	Kickboxing Kid's 9-14yrs	4:50 - 5:30pm	Kickboxing Kid's 6-9yrs
6:35 - 7:30pm	Kickboxing - Beginners	5:45 - 6:30pm	Kickboxing Kid's 9-14yrs
7:30 - 8:30pm	Kickboxing - Advanced	6:40 - 7:30pm	Personal Safety Tactics - Adults
Tuesday		7:35 - 9:00pm	10th Planet Jiu-Jitsu - Adults
12:00 - 1:00pm	Kickboxing - Open Class	Friday	
3:45 - 4:15pm	Lil Ninja's 4-6yrs	4:30 - 5:00pm	Lil Ninja's 4-6yrs
4:15 - 4:45pm	Lil Ninja's 4-6yrs	5:15 - 6:00pm	Kickboxing Kid's 6-14yrs
4:50 - 5:30pm	Combat Kid's 6-9yrs	6:00 - 7:00pm	10th Planet Jiu-Jitsu - Adults
5:45 - 6:30pm	Kickboxing Kid's 9-14yrs	7:00 - 8:00pm	Kickboxing - Sparring
6:35 - 7:30pm	Advanced Kids Kickboxing	8:00pm	Kickboxing - Competition
7:35 - 9:00pm	10th Planet Jiu-Jitsu - Adults	Saturday	
Wednesday		9:30 - 10:00am	Lil Ninja's 4-6yrs
4:50 - 5:30pm	Kickboxing Kid's 6-9yrs	10:15 - 11:00am	Kickboxing Kids - Sparring
5:45 - 6:30pm	Kickboxing Kid's 9-14yrs	11:00am - 12:00	Kickboxing - Open Class
6:35 - 7:30pm	Kickboxing - Beginners		
7:30 - 8:30pm	Kickboxing - Advanced		

All classes are Kickboxing-based, apart from 10th Planet Jiu Jitsu 16+ and Personal Safety Tactics 12+.

You can find out more at **evolutionmaa.com**.



The children's classes predominantly focus on striking, but we also cover practical personal-safety drills and techniques—everything from awareness and verbal de-escalation to grappling and knife-defence concepts.

For our younger children aged 4 to 6, we place a strong emphasis on developing balance, coordination, and gross motor skills, alongside verbal skills and structured partner work.

The Friday Kids class 5:15pm is an open session for both age groups. 6 - 14 Yrs