

Whitby Academy

Monday 	
4:00 - 4:30pm	Lil Ninja's 4-6yrs
4:45 - 5:30pm	Kickboxing Kid's 6-9yrs
5:40 - 6:30pm	Kickboxing Kid's 9-14yrs
6:30 - 7:45pm	10th Planet Jiu-Jitsu - Adults
7:45 - 8:45	Kickboxing Adults
Wednesday	
4:00 - 4:30pm	Lil Ninja's 4-6yrs
4:45 - 5:30pm	Kickboxing Kid's 6-9yrs
5:40 - 6:30pm	Kickboxing Kid's 9-14yrs
6:30 - 7:20pm	Personal Safety Tactics - Adults
7:30 - 8:30pm	Kickboxing Adults
Saturday	
9:30 - 10:00am	Lil Ninja's 4-6yrs
10:15 - 11:00am	Kickboxing Kids - 6-14yrs
11:00am - 12:00	Kickboxing Adults
12:00 - 12:30pm	Kickboxing - Sparring

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



Saturday Kids class 10:15am is an open session for both age groups. 6 - 14yrs

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 sparring class is optional for those who wish to stay after the main Kickboxing class.