


# Guisborough Academy

Monday		
4:30 - 5pm	Lil Ninja's 4-6yrs	
5:10pm - 5:50pm	Kickboxing Kid's 6-9yrs	
6:10pm - 7pm	Kickboxing Kid's 9-14yrs	
7pm - 8pm	Kickboxing Adults	
Wednesday		
4:30 - 5pm	Lil Ninja's 4-6yrs	
5:10pm - 5:50pm	Kickboxing Kid's 6-9yrs	
6:10pm - 7pm	Kickboxing Kid's 9-14yrs	
7pm - 8pm	Kickboxing Adults	

All classes are Kickboxing-based. You can find out more at **[evolutionmaa.com](http://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.

