

# TIMETABLE

EVOLUTIONMAA.COM  
07880797147

# 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.

