

# TIMETABLE

EVOLUTIONMAA.COM  
07880797147

# Scotch Corner Academy

Tuesday	
4:15 - 5:00pm	Lil Ninja's / Kickboxing Kid's 4-9yrs
5:10 - 6:00pm	Kickboxing Kid's 9-14yrs
Thursday	
4:15 - 5:00pm	Lil Ninja's / Kickboxing Kid's 4-9yrs
5:10 - 6:00pm	Kickboxing Kid's 9-14yrs

All classes are Kickboxing-based.

The children's classes predominantly focus on striking, while also incorporating practical personal-safety drills and techniques. These include awareness, verbal de-escalation, basic grappling, and introductory 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.

