

GET SHARPER WITH HARPER

	MON	TUE	WED	THU	FRI	SAT
LOCATIONS	One kx 120 Cromer St, London WC1H 8BS		Half Moon Crescent Community Centre, 183 Wynford Road, London N1 9TZ	Half Moon Crescent Community Centre, 183 Wynford Road, London N1 9TZ	Half Moon Crescent Community Centre, 183 Wynford Road, London N1 9TZ	Windsor's Fitness, Unit 1 Paramount Industrial Est, Sandown Road, Watford WD24 7UE
CLASS TIMES						
	MON	TUE	WED	THU	FRI	SAT
11:30-12:30		No class				Fight Klub Bag Box session
17:00-18:00					Choi Kwang Do Children's class	
18:00-19:00				Choi Kwang Do Children's class	Choi Kwang Do Family class	
18:30-19:30			Fight Klub Beat Box session			
19:00-20:00				Choi Kwang Do Adults class	Choi Kwang Do Black Belt class	
19:30-20:30	Fight Klub Beat Box session		INSANITY Live			



Please note, that dates and times may vary due to Public Bank Holidays or special events. All participants will be notified by way of 'in class' announcement, e-mail, text or social media messages. Please check back periodically on this site for updates and/or amendments, thank you.