

WEEKLY GROUP PROGRAMME

Épée

Sabre

Senior/Open

Tester

Conditioning

National

MONDAY

4:30 - 5:30 pm

Juniors U11 Épée - Beginners

6:00 - 6:30 pm

Performance Strength & Conditioning

Fencing-specific

6:30 - 7:30 pm

Juniors U12-U18 Épée - Intermediate / Juniors U15-U20 Épée - Elite

Parallel groups

7:30 - 9:00 pm

Seniors Open Épée (16+)

TUESDAY

4:30 - 5:30 pm

UAE National Juniors

5:30 - 6:30 pm

Juniors U12-U18 Épée - Intermediate

6:30 - 7:30 pm

Junior U11 Sabre
Junior U16 Sabre
Juniors U15-U20 Épée - Elite

Parallel groups

6:30 - 7:00 pm

FREE TESTER SESSION

Try fencing

7:30 - 8:30 pm

Seniors Beginner Épée / Seniors Open Sabre (16+)

Parallel groups

WEDNESDAY

4:30 - 5:30 pm

Juniors U11 Épée - Beginners

6:00 - 6:30 pm

Performance Strength & Conditioning

Fencing-specific

6:30 - 7:30 pm

Juniors U12-U18 Épée - Intermediate / Juniors U15-U20 Épée - Elite

Parallel groups

7:30 - 9:00 pm

Seniors Open Épée (16+)

THURSDAY

4:30 - 5:30 pm

UAE National Juniors

5:30 - 6:30 pm

Juniors U12-U18 Épée - Intermediate

6:30 - 7:30 pm

Junior U11 Sabre / Junior U16 Sabre / Juniors U15-U20 Épée - Elite

Parallel groups

7:30 - 8:30 pm

Seniors Beginner Épée

FRIDAY

4:30 - 5:30 pm

Juniors U11 Épée - Beginners

5:30 - 6:30 pm

Juniors U12-U18 Épée - Intermediate

6:30 - 7:30 pm

Juniors U15-U20 Épée - Elite

7:30 - 9:00 pm

Seniors Open Épée (16+)

SATURDAY

9:30 - 10:30 am

Junior U11 Sabre

10:30 - 11:30 am

Junior U16 Sabre

SUNDAY

9:00 - 9:30 am

Free Tester Session

9:30 - 10:30 am

Juniors U11 Épée - Beginners

10:30 - 11:30 am

Juniors U12-U18 Épée - Intermediate

11:30 am - 12:30 pm

Juniors U15-U20 Épée - Elite

12:30 - 2:00 pm

Seniors Open Épée (16+)

FAMILY QUICK GUIDE

START HERE

Free Tester - Tue 6:30-7:00 pm & Sun 9:00-9:30 am

JUNIOR ÉPÉE

Beginner • Intermediate • Elite

SABRE

U11 • U16 • Open Sabre (16+)

PERFORMANCE

Strength & Conditioning - Mon & Wed