

DOJO TIMETABLE 2023

Day	Time	Grade
Tuesday	4.00pm – 4.45pm	Pee Wees All grades
		Kids White Belts
	5.00pm – 5.45pm	Kids Blue & Yellow Belts
	6.00pm – 7.00pm	Adults All Belts
	7.00pm – 7.30pm	Adults Sparring (Blue and Above)
Wednesday	5.00pm – 5.45pm	Kids Green Belts and above
	6.00pm – 7.00pm	Black Belts
Thursday	4.00pm – 4.45pm	Pee Wees All grades Kids White Belts
	5.00pm – 5.45pm	Kids Blue & Yellow Belts
	6.00pm – 7.00pm	Adults All Belts
	7.00pm – 7.30pm	Adults Sparring (Blue and Above)
Friday	5.00pm – 5.45pm	Kids Green Belts and above
Saturday	10.00am – 11.00am	Black Belts Kata
Sunday	8.30am – 9.15am	Adults & Kids Green Belts and above
	9.30am – 10.15am	Adults & Kids Blue and Yellow belts
		Adults & Kids White Belts

The first Tuesday of the month will be an **adults general class,** ideal for beginners and where members are encouraged to bring a friend.