

## DOJO TIMETABLE

TUES 4.00pm – 4.45pm Pee Wees (Finish at 4.30pm) / Kids Beginners - White

5.00pm – 5.45pm Kids - Blue & Yellow Belt

6.00pm – 7.00pm Adults - All grades + Kids Green & Brown belt

7.00pm – 7.30pm Sparring - Blue Belt & above

WED 6.00pm - 7.00pm Black Belts

THURS 4.00pm – 4.45pm Pee Wees (Finish at 4.30pm) / Kids Beginners - White

5.00pm – 5.45pm Kids - Blue & Yellow Belt

6.00pm – 7.00pm Adults - All grades + Kids Green & Brown Belt

7.00pm – 7.30pm Sparring - Blue Belt & above

SAT 10.00am - 11.00am Black Belts

SUN 8.30am – 9.15am Adults & Kids Kata - Green Belt & above

9.15am – 9.45am Sparring - Adults & Kids - Blue Belt & above

9.45am – 10.30am Adults & Kids Kata - Blue & Yellow Belt

10.30am – 11.15am Adults & Kids Kata - White & Adv White Belt