

SUMMER TIMETABLE CHANGES STARTING ON
WEDNESDAY 26TH JULY – BACK TO NORMAL ON
MONDAY 4TH SEPTEMBER 2017

MONDAY	6.30 – 7.30PM 7.30 – 8.30PM	JUNIOR ALL GRADES KARATE KATA ALL GRADES (ADULTS AND CHILDREN)
TUESDAY	7.30 – 9.00PM	ADULT KARATE CLASS
WEDNESDAY	5.15 – 6.15PM 6:15 – 7.00PM 7.00 – 8.00PM	JUDO ALL GRADES JUNIORS FITNESS CLASS JUDO AND JU-JITSU ADULTS
THURSDAY	6.30 – 7.30PM 7.30 – 9.00PM	JUNIOR ALL GRADES KARATE ADULT KARATE CLASS
SATURDAY	10.00 – 11.00AM 11.00- 12.00PM 12.00 – 1.00PM 1.00 – 2.00 PM	UNDER 10'S JUDO OVER 10'S ALL GRADES JUDO BEGINNERS TO ORANGE BELT KARATE JUNIOR G/W AND ABOVE JUNIORS
SUNDAY	10.00-11.00AM	KARATE CLASS ADULTS AND JUNIORS

WE WILL BE CLOSED ON SUNDAY 30th JULY DUE TO ROAD CLOSURE FROM THE BIKE RACE.

PLEASE NOTE THAT DUE TO THE AUGUST BANK HOLIDAY WE WILL BE CLOSED ON SUNDAY 27th & MONDAY 28TH OF AUGUST.

ENJOY YOUR SUMMER EVERYONE!!