

SUMMER TIMETABLE CHANGES STARTING FROM THURSDAY 21st
JULY – BACK TO NORMAL ON MONDAY 5TH SEPTEMBER 2016

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 7.00 – 9.00PM	JUDO ALL GRADES JUNIORS 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 JU-JITSU CANCELLED

**WE WILL BE CLOSED ON SUNDAY 31st JULY DUE TO BIKE RIDE AND
ROADS CLOSED**

**PLEASE NOTE THAT THE AUGUST BANK HOLIDAY WE WILL BE
CLOSED ON THE SUNDAY 28TH AND MONDAY 29TH OF AUGUST**

ENJOY YOUR SUMMER EVERYONE