

SUMMER TIMETABLE CHANGES STARTING ON SATURDAY 21<sup>st</sup>  
JULY – BACK TO NORMAL ON MONDAY 3<sup>rd</sup> SEPTEMBER 2018

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 6.30 – 7.30PM	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

**WE WILL BE CLOSED ON SUNDAY 29<sup>th</sup> JULY DUE TO ROAD CLOSURE FROM THE BIKE RACE.**

**PLEASE NOTE THAT DUE TO THE AUGUST BANK HOLIDAY WE WILL BE CLOSED ON SUNDAY 26<sup>th</sup> & MONDAY 27<sup>th</sup> OF AUGUST.**

**ENJOY YOUR SUMMER EVERYONE!!**