


Traditional Karate

Monday	Tuesday	Wednesday	Thursday	Saturday
Kids (5-11) White-Orange 5-6pm	Kids (5-11) Green-Red 5-6pm	Kids (5-11) White-Orange 5-6pm	Kids (5-11) Green-Red 5-6pm	Weapons (12+) All Ranks 9-10am
Adult (12+) White-Blue 6-7pm	Adult (14+) Black Belt 6-7pm	Adult (12+) White-Blue 6-7pm	Adult (14+) Black Belt 6-7pm	

Group Fitness (14+)

Tuesday	Friday	Saturday
Boxing HIIT 7-8pm	Boxing Abs 5-6pm	HIIT Circuit 8-9am