

## WEEKLY CLASS SCHEDULE January - March 2018

T	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:00 - 09:30							
09:30 - 10:00							
10:00 - 10:30							
10:30 - 11:00							
11:00 - 11:30						KATA	
11:30 - 12:00						KUMITE	
12:00 - 12:30							
12:30 - 13:00							
13:00 - 13:30						JUNIORS 2	SENIORS (all)
13:30 - 14:00							
14:00 - 14:30							ADVANCED
14:30 - 15:00							
15:00 - 15:30							
15:30 - 16:00							
16:00 - 16:30							
16:30 - 17:00							
17:00 - 17:30				JUNIORS 1			
17:30 - 18:00			JUNIORS 2				
18:00 - 18:30	JUNIORS 1	SENIORS (basic)		COMPETITION TEAM	PHYSICAL PREPARATION		
18:30 - 19:00			NEW AGE				
19:00 - 19:30		KUMITE					
19:30 - 20:00	SENIORS (all)	& phys. prep					
20:00 - 20:30				SENIORS (basic)			
20:30 - 21:00							
21:00 - 21:30							
21:30 - 22:00							

**NOTES:** FOR KUMITE CLASSES ALL STUDENTS ARE REQUIRED TO BRING THEIR OWN PROTECTIVE GEAR.



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