



## WEEKLY CLASS SCHEDULE October - December 2018

T	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:00 - 09:30							
09:30 - 10:00							
10:00 - 10:30	<i>RESERVED FOR PRIVATE LESSONS. PLEASE CONTACT FOR MORE INFORMATION</i>	<i>RESERVED FOR PRIVATE LESSONS. PLEASE CONTACT FOR MORE INFORMATION</i>	<i>RESERVED FOR PRIVATE LESSONS. PLEASE CONTACT FOR MORE INFORMATION</i>	<i>RESERVED FOR PRIVATE LESSONS. PLEASE CONTACT FOR MORE INFORMATION</i>	<i>RESERVED FOR PRIVATE LESSONS. PLEASE CONTACT FOR MORE INFORMATION</i>		
10:30 - 11:00							
11:00 - 11:30						KARATE	
11:30 - 12:00						<b>KATA CLASS</b>	
12:00 - 12:30						KARATE	
12:30 - 13:00						<b>KUMITE CLASS</b>	
13:00 - 13:30						KARATE	
13:30 - 14:00						<b>JUNIORS ALL</b> (6-11)	
14:00 - 14:30							
14:30 - 15:00							
15:00 - 15:30							
15:30 - 16:00							
16:00 - 16:30							
16:30 - 17:00							
17:00 - 17:30	KARATE	<b>KALI</b>	KARATE	<b>KALI</b>	<b>KALI</b>	<b>KARATE COMP. TEAM</b>	
17:30 - 18:00	<b>JUNIORS 1</b> (6-11)		<b>JUNIORS 1</b> (6-11)				
18:00 - 18:30	KARATE	<b>KARATE SENIORS 1 (+12)</b>	KARATE	<b>KARATE SENIORS 2 (+12)</b>	<b>KARATE SENIORS 1 (+12)</b>		
18:30 - 19:00	<b>JUNIORS 2</b> (6-11)		<b>JUNIORS 2</b> (6-11)				
19:00 - 19:30	KARATE		KARATE				
19:30 - 20:00	<b>SENIORS 2</b> (+12)	<b>KUMITE CLASS</b>	<b>NEW AGE</b> (11-17)	<b>KATA CLASS</b>		<b>BDF</b> Bujinkan Budo Taijutsu	
20:00 - 20:30		<b>MMA</b>	<b>"KOMBAT FITNESS"</b>	<b>MMA</b>	<b>MMA</b>		
20:30 - 21:00							
21:00 - 21:30							
21:30 - 22:00							

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



seitokai.eu



+358403647540

INFO@SEITOKAI.EU



/SeitokaiKarateDo