



WEEKLY CLASS SCHEDULE January - March 2019



T	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:00 - 09:30	RESERVED FOR PRIVATE LESSONS. PLEASE CONTACT FOR MORE INFORMATION	RESERVED FOR PRIVATE LESSONS. PLEASE CONTACT FOR MORE INFORMATION	RESERVED FOR PRIVATE LESSONS. PLEASE CONTACT FOR MORE INFORMATION	RESERVED FOR PRIVATE LESSONS. PLEASE CONTACT FOR MORE INFORMATION	RESERVED FOR PRIVATE LESSONS. PLEASE CONTACT FOR MORE INFORMATION	RESERVED FOR PRIVATE LESSONS. PLEASE CONTACT FOR MORE INFORMATION	OPEN DOJO FOR OWN TRAINING. ALL SEITOKAI MEMBERS HAVE FREE ACCESS TO THE DOJO AND GYM. PLEASE CONTACT IN ADVANCE.
09:30 - 10:00							
10:00 - 10:30							
10:30 - 11:00							
11:00 - 11:30							
11:30 - 12:00							
12:00 - 12:30							
12:30 - 13:00							
13:00 - 13:30							
13:30 - 14:00							
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	KARATE	KARATE	KARATE		KARATE SENIORS ALL (+12)	
17:30 - 18:00	JUNIORS 1 (6-11)	KUMITE	JUNIORS 1 (6-11)	KATA	MMA		KARATE COMP. TEAM
18:00 - 18:30	KARATE	KARATE	KARATE	KARATE		KARATE SENIORS 1	
18:30 - 19:00	JUNIORS 2 (6-11)	SENIORS 1	JUNIORS 2 (6-11)	KUMITE			
19:00 - 19:30	KARATE	MMA + PRIVATE LESSONS	KARATE	KARATE SENIORS 2 (+12)	KARATE SENIORS 2 (+12)	KARATE SPECIAL NEEDS	
19:30 - 20:00	SENIORS 2 (+12)		KATA CLASS				"KOMBAT FITNESS"
20:00 - 20:30			KARATE PRIVATE LESSONS	"KOMBAT FITNESS"			
20:30 - 21:00				"KOMBAT FITNESS"			
21:00 - 21:30							BDF Bujinkan Budo Taijutsu
21:30 - 22:00							

TOP UP YOUR REGULAR CLASSES WITH PRIVATE TRAINING, AND EVOLVE FASTER! INSTRUCTORS TIAGO PEDROSO & ANDREAS ANTONIOUS

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



seitokai.eu



+358403647540

INFO@SEITOKAI.EU



/SeitokaiKarateDo