



WEEKLY CLASS SCHEDULE January - March 2019



T	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:00 - 09:30	KARATE PRIVATE LESSONS <small>(contact us to schedule)</small>	KARATE PRIVATE LESSONS <small>(contact us to schedule)</small>	KARATE PRIVATE LESSONS <small>(contact us to schedule)</small>	KARATE PRIVATE LESSONS <small>(contact us to schedule)</small>	KARATE PRIVATE LESSONS <small>(contact us to schedule)</small>	NOTE: SATURDAY CLASSES ONLY TAKE PLACE IN WEEKS WHEN THERE ARE NO EVENTS. PLEASE CONSULT THE CALENDAR	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 KUMITE CLASS	KARATE	KARATE KATA & KUMITE MMA		KARATE COMP. TEAM	
17:30 - 18:00	JUNIORS 1 (6-11)		KARATE				
18:00 - 18:30	KARATE		KARATE				
18:30 - 19:00	JUNIORS 2 (6-11)		JUNIORS 2 (6-11)		KARATE SENIORS 1		
19:00 - 19:30	KARATE	KARATE	KARATE	KARATE	KARATE PRIVATE LESSONS <small>(contact us to schedule)</small>		BDF Bujinkan Budo Taijutsu
19:30 - 20:00	SENIORS 2 (+12)	SENIORS 1 (+12)	KATA CLASS	SENIORS 2 (+12)			
20:00 - 20:30							
20:30 - 21:00							
21:00 - 21:30							
21:30 - 22:00							
TOP UP YOUR REGULAR CLASSES WITH PRIVATE TRAINING, AND EVOLVE FASTER! INSTRUCTORS TIAGO PEDROSO & ANDREAS ANTONIUS							
NOTES: FOR KUMITE CLASSES ALL STUDENTS ARE REQUIRED TO BRING THEIR OWN PROTECTIVE GEAR.							



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