

2009 TRAINING SCHEDULE

Last updated 21st June 2009

	MORNING	LUNCH	AFTERNOON	EVENING
MON	6:15-7:15 (Open)	12:15-1:15 (Open)	4:00-5:00 (Children)	5:00-6:00 (Open)
				6:00-7:00 (White Belt)
				7:00-8:30 (Yellow & Blue Belt)
TUE			4:00-5:00 (Children)	6:00-7:00 (Black Belt - Shodan)
				7:00-8:00 (Black Belt - Nidan)
WED	6:15-7:15 (Open)	12:00-1:00 (Open)		5:30-6:30 (White Belt)
				5:30-6:30 (Open)
				6:30-7:30 (Green Belt)
				7:30-8:30 (Brown Belt)
THU	6:15-7:15 (Pad Work)		3:45-4:45	5:00-6:00 (Returning Members)
			(Secondary Students)	6:00-7:00 (White Belt)
				6:00-7:00 (Open)
				7:00-8:00 (Black Belt - Sandan)
FRI	6:15-7:15 (Open)		4:00-5:00	4:30-5:30 (Hanshi's Class)
			(Senior Children)	5:30-6:30 (Pad Work)
SAT	8:00-9:15 (Black Belt - Bo Work)			
	9:15-10:00 (Kata)			
	10:00-11:00 (Kumite)			
	11:15-12:15 (Open)			
SUN	8:00-9:00 (Conditioning)			5:00-6:00 (Open)
	10:00-11:00 (Children)			
	11:00-12:00 (White Belt)			
	11:00-12:30 (Open)			



Syllabus Classes

White Mon 6:00 - 7:00

White Wed 5:30 - 6:30

White Thu 6:00 - 7:00

White Sun 11:00 - 12:30

Blue Mon 7:00 - 8:30

Yellow Mon 7:00 - 8:30

Green Wed 6:30 - 7:30

Brown Wed 7:30 - 8:30

Shodan Tue 6:00 - 7:00

Nidan Tue 7:00 - 8:00

Sandan Thu 7:00 - 8:00

