

Online Timetable - Starting Friday 28th May 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.30-10.15am Adult Fitness Class		9.30-10.15am Adult Fitness Class			
4.00-4.30pm Little Dragon White Belts		4.00-4.30pm Little Dragon White Belts			
4.40-5.10pm Little Dragon Red to Orange Belt	4.15-4.45pm Little Dragon Green & Above Belt	4.40-5.10pm Little Dragon Red to Orange Belt	4.15-5.45pm Little Dragon Green & Above Belt	4.15-4.45pm Little Dragon Kata Training Green & Above Belts	9.15-9.45am Little Dragon White to Orange Belt
5.20-5.50pm Young Warrior White Belts	5.00-5.45pm Young Warrior Purple, 3rd & 2nd kyu Brown	5.20-5.50pm Young Warrior White Belts	5.00-5.45pm Young Warrior Purple, 3rd & 2nd kyu Brown	5.00-5.30pm Young Warrior Kata Training Red to Blue Belt	10.00-10.30am Young Warrior White to Yellow Belt
6.00-6.30pm Young Warrior Red & Yellow Belt	6.00-6.45pm Young Warrior 1st kyu Brown & Shodan-ho Black	6.00-6.30pm Young Warrior Red & Yellow Belt	5.45-6.45pm Young Warrior 1st kyu Brown & Shodan-ho Black	5.45-6.30pm Young Warrior Kata Training Purple & Above Belts	10.45-11.30am Young Warrior Orange & Above Belt
6.40-7.10pm Young Warrior Orange to Blue Belt	7.00-7.45pm Adult White to Blue Belt	6.40-7.10pm Young Warrior Orange to Blue Belt	7.00-7.45pm Adult White to Blue Belt	6.45-7.45pm Kata Squad Training (Invite only)	11.45-12.45pm Adult All Grades
7.30-8.30pm Adult Purple, Brown & Black Belt	8.00-8.45pm Adult Fitness Class	7.30-8.30pm Adult Purple, Brown & Black Belt	8.00-8.45pm Adult Fitness Class		