



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
17:00-17:50 Kids (4-6 yrs)	16:50-17:50 Sparring	17:00-17:50 Kids (4-6 yrs)	16:50-17:50 All	17:00-17:50 Kids (4-6 yrs)	10:00-11:00 All
18:00-19:00 All	18:00-19:00 All	18:00-19:00 Athletics	18:00-19:00 Technique School	18:00-19:00 Kick & Stretch	11:10-12:10 Sparring