

HALF TERM TRAINING TIMES FEBRUARY 2010

DAY	VENUE	TIMES	CLASS	LEVEL
Monday	Southwater Junior School	7.00pm – 8.00pm	KARATE Children and Adults	All Levels
		8.00pm-9.00pm	KICK BOXING 13 Years and Above	All Levels
Wednesday	Southwater Junior School	7.00pm – 8.00pm	KARATE Children and Adults	All Levels
		8.00pm-9.00pm	KICK BOXING 13 Years and Above	All Levels
Thursday	Thakeham Village Hall	6.00pm -7.00pm	KARATE Children and Adults	All Levels
Saturday	Southwater Leisure Centre	9.00am – 10.00am	KICK BOXING 10 Years and Above	All Levels
		10.00am – 11.00am	KARATE/SELF DEFENCE Children and Adults	All Levels
		11.00am – 12.00pm	KARATE Children and Adults	All Levels
		12.00pm – 1.00pm	WEAPONS Orange Belts & Above	All Levels
		1.00pm – 2.00pm	SPARRING/KICK TRAINING/STAMINA Red Belts and Above	All Levels
		2.00pm – 3.00pm	KATA TRAINING (Karate/Weapons/Japanese) Children and Adults	All Levels