

<b>TRAINING TIMES</b>				
<b>DAY</b>	<b>VENUE</b>	<b>TIMES</b>	<b>CLASS</b>	<b>LEVEL</b>
<b>Monday</b>	Heron Way School	3.15pm - 4.15pm	KARATE Children and Adults	All Levels
	Shipleigh Primary School	3.00pm – 4.00pm	KARATE Children and Adults	All Levels
	Storrington 1 <sup>st</sup> School	3.30pm – 4.30pm	KARATE Children and Adults	All Levels
	Southwater Junior School	5.00pm – 6.00pm	KARATE Children and Adults	All Levels
		6.00pm-7.00pm	SELF DEFENSE Children and Adults	All Levels
		7.00pm – 8.00pm	KARATE Children and Adults	Higher Grades
		8.00pm-9.00pm	KICK BOXING 13 Years and Above	All Levels
<b>Tuesday</b>	Weald School	3.15pm – 4.15pm	KARATE Children and Adults	All Levels
	Rydon Community College	5.30pm – 6.30pm	KARATE Children and Adults	All Levels
		6.30pm – 7.25pm	KICK BOXING Age 12 and above	All Levels
<b>Wednesday</b>	Southwater Junior School	3.40pm-4.40pm	KARATE Children and Adults	All Levels
		5.00pm – 6.00pm	KARATE Children and Adults	All Levels
		6.00pm – 7.00pm	KARATE Children and Adults	Higher Grades
		7.00pm – 8.00pm	BLACK BELTS CLASS	Black belts
		8.00pm – 9.00pm	KICK BOXING 13 Years and Above	All Levels
<b>Thursday</b>	Forest Boys School	3.15pm – 4.15pm	KARATE Young Men and Adults	All Levels
	Thakeham Village Hall	5.00pm-6.00pm	KARATE Children and Adults	All Levels
		6.00pm -7.00pm	KARATE Children and Adults	All Levels
<b>Friday</b>	NO	CLASSES	-	-
<b>Saturday</b>	Southwater Leisure Centre	9.00am – 10.00am	KICK BOXING 10 Years and Above	All Levels
		10.00am – 11.00am	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
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