



23rd May 2018

All classes on this page are held at our Hampton Park Dojo
 4 Commerce Drive Hampton Park
 This Time Table starts 23rd May 2018



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday Morning	Sun
Mascots <u>White & Red</u> Belt Class 5 PM – 5.45 PM	Mascots <u>White & Red</u> Belt Class 5 PM – 5.45 PM	Mascots Class all belts 5 PM – 5.45 PM	Mascot, Juniors & Seniors Class All Belts 6.00 PM – 6.45 PM	Mascots Class all belts 5 PM – 5.45 PM	Mascot, Juniors & Seniors Class All Belts 9:30 AM – 10:15 AM	
Mascots Yellow and above Belt Class 5.45 PM – 6:30 PM	Kata Class for Yellow to Blue Belt all ages 5.45 PM – 6:30 PM	Kata Class for Purple Belt & above all ages 5.45 PM – 6:30 PM	Kata and Sparring Class for Yellow Belts and above all ages 6.45pm to 7.30pm Weapons Class 7.30 to 7.45	Weapons Class All Students Purple Belt and Above 5.45 PM – 6:30 PM	Kata and Sparring Class Yellow belt and above 10:15 AM – 11 AM	
Junior Class All Belts 6:30 PM – 7:30 PM	Junior Class All Belts 6:30 PM – 7:30 PM	Junior Class All Belts 6:30 PM – 7:30 PM		Junior Class All Belts 6:30 PM – 7:15 PM		
7.30 Class All Belts 7:30 – 8:30 PM	7.30 Class All Belts 7:30 – 8:30 PM	7.30 Class All Belts 7:30 – 8:45 PM	<i>If you do not train you cannot grade.</i>			

Call 9799-0081 for any information relating to classes or membership.

Train 12 times per month – every month – and get much more from your training.

It is never too cold or too hot to train