

TIMETABLE August 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.30am						Family Karate	CLOSED
11am	Little Ninjas Sensei Natahsha					Little Ninjas Shihan-Dai Jake	
12noon	Karate Sensei Natahsha		Karate Kancho Barry				
4.30pm	Junior Karate Sensei Natahsha	Junior Karate Kancho Barry/ Shihan Frank	Junior Karate Sempai Sharelle	Junior Karate Kancho Barry/ Shihan Frank			
5.30pm			Jnr Muay Thai Kru Richard Nagy				
6.30pm	Muay Thai Kru Richard Nagy	Karate Kancho Barry/ Shihan Frank	Muay Thai Kru Richard Nagy	Karate Kancho Barry/ Shihan Frank	Women's Karate Fortnightly Sensei Lisa		

Karate - Open ages	1hr 30minutes
Junior Karate Ages 6-11years	1hr
Little Ninjas - 3-5years	45mins

Muay Thai - Open ages	1hr 30minutes
Junior Muay Thai - Ages 6-11years	1hr
Women's Karate - Ages 12 and over	1.30hr