

## TRAINING TIMES

DAY	VENUE	TIMES	CLASS	LEVEL
Monday	Heron Way School	3.15pm - 4.15pm	KARATE Children and Adults	All Levels
	Shipleigh Primary School	3.15pm - 4.15pm	KARATE Children and Adults	All Levels
	Southwater Junior School	7.00pm - 8.00pm	KARATE Children and Adults	Higher Grades
		8.00pm-9.00pm	KICK BOXING 13 Years and Above	All Levels
Tuesday	Weald School (Awaiting Start Date)	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
Wednesday	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
Thursday	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	MOVEMENT AND STRIKING TECHNIQUES Children and Adults	All Levels
Friday	Storrington 1 <sup>st</sup> School	3.30pm - 4.30pm	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	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	MIXED BUT MAINLY KATA TRAINING (Karate/Weapons/Japanese) Children and Adults	All Levels