

Evening Class Schedules

Kyokushin Karate & Kickboxing Class for Children and Adult

Monday	5.30 to 6.45 pm	Children Karate (Age 5-13)
	7.00 to 8.30 pm	Kyokushin Karate-General Classes for Beginners
	8.45 to 9.45 pm	Japanese Kickboxing
Tuesday	5.30 to 6.30 pm	Children Kickboxing (Age 5-13)
	6.30 to 8.00 pm	Kyokushin Karate-Senior Class
Wednesday	5.30 to 6.45 pm	Children Karate (Age 5-13)
	7.00 to 8.30 pm	Kyokushin Karate-General Classes for Beginners
	8.45 to 9.45 pm	Japanese Kickboxing
Thursday	5.30 to 6.30 pm	Children Kickboxing (Age 5-13)
	6.30 to 8.00 pm	Kyokushin Karate-Senior Class
Friday	5.30 to 6.30 pm	Self-defence Class
	6.30 to 7.30 pm	Kata Training
	7.30 to 8.30 pm	Kumite Class
	8.45 to 9.45 pm	Japanese Kickboxing
Saturday	9.30 am to 12.30 pm	Karate Self training and Squad Training
Sunday	Close	