



Kyokushin Karate Fernando Dojo – Martial Arts & Fitness Centre
Morning and Evening Classes schedules

Morning Classes			
CLASSES	DAYS	TIMES	FEE
Kickbox Fitness	Monday, Wednesday, Friday	7.00 to 7.50 am	Monthly £40 3 classes per week
Kickbox Fitness	Monday, Wednesday, Friday	9.15 to 10.05 am	
Taikiken	Tuesday, Thursday	9.30 to 10.30 am	Monthly £32 2 classes per week
Self-defence (Goshin Jitsu)	Monday, Wednesday	10.30 to 11.30 am	Monthly £32 2 classes per week
Evening Classes			
CLASSES	DAYS	TIMES	FEE
Kyokushin Karate– Children	Monday, Wednesday	5.30 to 6.30 pm	Monthly £24.00 2 classes per week
Kyokushin Karate– Adults General Classes	Monday, Wednesday, Friday	7.00 to 8.30 pm 6.30 to 7.30 pm 7.30 to 8.30 pm	Monthly £38 3 classes per week
Kyokushin Karate– Adults Senior Classes	Tuesday, Thursday Friday	6.30 to 8.00 pm 6.30 to 7.30 pm 7.30 to 8.30 pm	Monthly £38 3 classes per week
Children Kickboxing	Tuesday, Thursday	5.30 to 6.30 pm	Monthly £24.00 2 classes per week
Adults Kickboxing	Monday, Wednesday, Friday	8.45 to 9.45 pm	Monthly £38 3 classes per week
Self Defence classes	Wednesday, Friday	5.00 to 6.00 pm	Monthly £32 2 classes per week
Kyokushin Karate Training Advance membership for adults: Monthly fee £56.00 Unlimited Karate Classes and 2 Kickboxing Classes Members can pay monthly or yearly for a discount			
Kyokushin Karate Training Advance membership for children : Monthly fee £38.00 2 Karate Classes and 2 Kickboxing Classes Members can pay monthly or yearly for a discount			

Our goal is to offer a flexible schedule so that each person can fit training into their busy lives. Please contact us if you have any questions about class times.

One on One Sessions / Private Lessons available **Please contact for more information.**