

Jion Martial Arts Class Schedule January 2019

1st Scouts Hall, 17 Bowwood Rd, Claremont

	Monday	Tuesday	Wednesday	Thursday	Friday	
09:00	Cardio Box 9:00-10:00			Cardio Box 9:00-10:00		
09:15						
09:30						
09:45						
10:00						
10:15						
10:30						
13:45						
14:00						
14:15						
14:30						
14:45						
15:00				Ninjas 15:00-15:45	WP Kumite 15:00-16:00	
15:15		Ninjas 15:30-16:15				
15:30				Beginners Karate 15:45-16:30		
15:45					WP Kata 16:00-17:00	
16:00		Beginners Karate 16:15-17:00				
16:15				Advanced Karate 16:30-17:30		
16:30						
16:45						
17:00	Intermediate Karate 17:00-18:00	Advanced Karate 17:00-18:00	Intermediate Karate 17:00-18:00	Cardio Box 17:30-18:30		
17:15						
17:30						
17:45						
18:00	Adult Karate 18:00-19:30	Cardio Box 18:00-19:00				
18:15						
18:30						
18:45						
19:00			Adult Karate 19:00-19:50			
19:15						
19:30						