

Jion Martial Arts Schedule 2018

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:00-7:00							
7:00-8:00							
8:00-9:00							
9:00-10:00		Cardio Karate		Cardio Karate			
10:00-11:00						Events	
11:00-12:00						Events	
12:00-13:00							
13:00-14:00							
14:00-15:00							
15:00-16:00							
16:00-17:00	Beginners A	Beginners B	Beginners A	Beginners B	Sport Karate		
17:00-18:00	Intermediates	Advanced	Intermediates	Advanced	Sport Karate		
18:00-19:00	Adults	Cardio Karate	Adults	Cardio Karate			
19:00-20:00							
20:00-21:00							

Beginners A	Beginner Karate course for Ages 6 and 7 year olds.
Beginners B	Beginner Karate course for Ages 8 and up
Intermediates	Intermediate Karate course for ages 10 to 18
Advanced	Advanced Karate course for ages 10 - 18
Adults	Beginner, Intermediate and Advance Karate Courses for ages 12 and higher.
Cardio Karate	Karate & Self Defence moves to music – Fun, Fitness, Toning, Weight Loss, Weight Training, Fat burning & Cardio
Sport Karate	Competative Karate at Western Province, Western Cape and National level.