

Jion Schedules

Bergvliet - 151 Main Rd Bergvliet

Time	Mon	Tue	Wed	Thu	Fri	Sat
6:00-7:00	Fit Power		Fit Power		Fit Power	
7:00-8:00						Fit Club
8:00-9:00						
9:00-10:00						Cardio Karate
10:00-11:00						
12:00-13:00						
13:00-14:00						
14:00-15:00						
15:00-16:00	Ninjas 5-6		Ninjas 5-6			
16:00-17:00	Beginners 6-13		Beginners 6-13			
17:00-18:00	Intermediate 9-13		Intermediate 9-13			
18:00-19:00	Adults Beginners	Cardio Karate	Adults Beginners	Cardio Karate		
19:00-20:00	Advanced Black	Fit Club	Advanced Black	Fit Club		
20:00-21:00		Fit Business		Fit Health		

Kenilworth - No1 Summerley Rd Summerley House Kenilworth

Time	Mon	Tue	Wed	Thu	Fri	Sat
6:00-7:00	Fit Club		Fit Club			
7:00-8:00						
8:00-9:00						
9:00-10:00		Cardio Karate		Cardio Karate		Fit Club
10:00-11:00						
12:00-13:00						
13:00-14:00						
14:00-15:00						
15:00-16:00		Ninjas 5-6				
16:00-17:00		Beginners 6-13		Beginners 6-13		
17:00-18:00		Intermediate 9-13		Intermediate 9-13		
18:00-19:00						
19:00-20:00						
20:00-21:00						

Ninjas 5-6	Balance, Fitness, Focus, Discipline, Coordination and other skills.
Beginners 6-13	1 Year Beginner Karate program - White, Yellow and Orange
Intermediate 9-13	2 Year Intermediate Karate program - Green, Blue and Purple
Adults Beginners	1 Year Beginner Self Defence and Karate program - White, Yellow and Orange
Advanced Black	Brown and Black Belt classes
Cardio Karate	Karate and Self Defence moves to music - Fitness , Toning and Cardio
Hiit Fit Club	High Intensity Interval training - Boot Camp Style
Hiit Fit Power	Weights Class
Hiit Fit Health	Educational Nutrition Sessions and Weight Loss and Weight Gain Challenges
Hiit Fit Business	Fit Club Business Opportunity Meeting