

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					
10:45					
14:00					
14:15					
14:30					
14:45					
15:00				Ninjas 15:15-16:00	WP Kumite 15:00-16:00
15:15					
15:30				Beginners	
15:45		Ninjas 15:45-16:30		Karate 15:45-16:30	WP Kata 16:00-17:00
16:00		Beginners			
16:15		Karate 16:15-17:00		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		
17:15				Cardio Box 17:30-18:30	
17:30					
17:45					
18:00	Adult Karate 18:00-19:30	Cardio Box 18:00-19:00		Scouts	
18:15					
18:30					
18:45					
19:00			Adult Karate 19:00-19:50		
19:15					
19:30					
19:45					