

# KIRKWOOD'S INSTUTITE of KARATE

## CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9.30 to <b>K-N-F</b> 10:00 Cage Fitness	9:30 to <b>Fight like GIRLS</b>	9:30 to <b>Kick-N-Fit</b> 10:15 Boot camp			9.00am <b>Open</b>
	10:45 to <b>Dragons</b> 11:15	10:30 to <b>Disability</b> 11:15 Low impact		10:45 to <b>Dragons</b> 11:15	11:00am <b>Close</b>
<b>OPEN all day</b>	<b>OPEN all day</b>	<b>OPEN all day</b>	2.00pm <b>OPEN</b>		
3.45 to <b>Dragons</b> 4:15	3.45 to <b>Dragons</b> 4:15	3.45 to <b>Dragons</b> 4:15	3.45 to <b>Dragons</b> 4:15		
4:30 to <b>Warrior's</b> 5:15	4:30 to <b>Ninja's Yel-Pur</b> 5:15	4:30 to <b>Warrior's</b> 5:15	4:30 to <b>Ninja's Yel-Pur</b> 5:15		
5:15 to <b>Ninja's Yel-Pur</b> 6:00	5:15 to <b>Ninja's Adv</b> 6:00	5:15 to <b>Ninja's Yel-Pur</b> 6:00	5:15 to <b>Ninja's Adv</b> 6:00		
6:30 <b>Adult</b> to 7.30 Karate	6:15 to <b>K-N-F</b> 7:00 Boot camp	6:30 <b>Adult</b> to 7.30 Karate	6:15 to <b>K-N-F</b> 7:00 Boot camp		
7:30 <b>Fight like GIRLS</b> 8:30	7:00 <b>Adult</b> to 8:00 Karate		7:00 <b>Adult</b> to 8:00 Karate		