

# KIRKWOOD'S INSTITUTE of KARATE

## 2019 CLASS TIMETABLE 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OPEN all day	9.30 to 10:00 <b>Kick-N-Fit</b> CF 29	9:30 to 10:15 <b>Kick-N-Fit</b> Boot camp			9.00am <b>Open</b>
	10:00 to 10:30 <b>Adult</b> Karate			10:45 to 11:15 <b>Little</b> <b>Dragons</b>	9:30 to 10:15 <b>Combined</b> <b>Kids class</b>
	10:45 to 11:15 <b>Little</b> <b>Dragons</b>			Closed 1:00pm	11:00am <b>Close</b>
	OPEN all day	OPEN all day	2.00pm <b>OPEN</b>		
3.45 to 4:15 <b>Little</b> <b>Dragons</b>	3.45 to 4:15 <b>Little</b> <b>Dragons</b>	3.45 to 4:15 <b>Little</b> <b>Dragons</b>	3.45 to 4:15 <b>Little</b> <b>Dragons</b>		
4:30 to 5:15 <b>Teen</b> <b>Warrior's</b>	4:30 to 5:15 <b>Little</b> <b>Ninja's</b>	4:30 to 5:15 <b>Teen</b> <b>Warrior's</b>	4:30 to 5:15 <b>Little</b> <b>Ninja's</b>		
5:15 to 6:00 <b>Little</b> <b>Ninja's</b>	5:15 to 5:45 <b>Weapon's</b> <b>Class</b>	5:15 to 6:00 <b>Little</b> <b>Ninja's</b>			
6:30 to 7:30 <b>Adult</b> <b>Karate</b>	6:15 to 7:00 <b>Kick-N-Fit</b> Boot camp	6:30 to 7:30 <b>ADVANCED</b> <b>Adults</b>	6:15 to 7:00 <b>Kick-N-Fit</b> Boot camp		Dragon 3 to 5 Yrs
	7:00 to 8:00 <b>FIGHT</b> <b>NITE</b>		7:00 to 8:00 <b>Adult</b> <b>Karate</b>		Ninja 6 to 10 Yrs
					Warriors 11 to 15 Yrs
					Adults 15 Yrs +
					March Fight Nite 12 years +