



MON	TUES	WED	THURS Shiai night	FRI	SAT
	12-12:45pm Kickboxing		12-12:45pm Kickboxing		
4:00-5:30pm Privates lessons	4:00-5:30pm Privates lessons	4:00-5:30pm Privates lessons	4:00-5:30pm Privates lessons		10-10:45am Kickboxing
5:30-6:00pm Jr Warriors Karate 4-5 yrs	5:30-6:15pm Int/Adv Kids Karate 6-12 yrs	5:30-6:00pm Jr Warriors Karate 4-5 yrs	5:30-6:15pm Beginner Shiai class	6:00-6:30pm Thorndale Jr Warriors 4-5 yrs	11 -11:30am Jr Warriors 4-5 yrs
6:00-6:45pm Beginner Kids Karate 6-12 yrs	6:15-6:30pm Black Belt Club training	6:00-6:45pm Beginner Kids Karate 6-12 yrs	6:15-7:00pm Int/Adv Shiai class	6:45-7:45pm Thorndale Beginner Kids Karate	11:30-12:15 pm All Levels 6+ yrs
6:45-7:30pm Int/Adv Kids Karate 6-12 yrs	6:30- 7:15 Adv. Kids Karate	6:45-7:30pm Int/Adv Kids Karate 6-12 yrs	7:00-7:15pm Black Belt Club training		
7:30-7:45pm Black Belt Club training	7:15-8:00pm Beginner Kids Karate 6-12 yrs	7:30-7:45pm Black Belt Club training	7:15-8:00pm Adv Kids Karate		
8:00-9:00pm Adult/Teen Karate	8:00-9:00pm Adult/Teen Karate	8:00-9:00pm Adult/Teen Karate	8:00-9:00pm Adult/Teen Shiai		
9:00-9:45pm Kickboxing	9:00-9:45pm Kickboxing	9:00-9:45pm Kickboxing	9:00-9:45pm Kickboxing		

