



TIMETABLE FOR DOJO 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.00am	9.30am-10.00am Ninja-Ru					Zen 6-9yrs White-Yellow
9.45am						Zen 10-14yrs Orange
10.30am	Personal Training Available 1 hour and ½ hour sessions Bookings at Reception					Zen 6-14yrs Green
11.15am						Zen 6-14yrs Brown-Black
12.00pm						12:00-1:30 Kids GPG
12.30pm	Zen Snr All grades		Zen Snr All grades		Muay Thai Snr All grades	Kids graduation once per month 1:30-2:30pm
3.30pm	Junior Classes					
	Zen 6-9yrs White-Yellow	Zen 6-9yrs Orange-Blue	Zen 6-9yrs White-Yellow	Zen 6-9yrs Orange-Blue	Zen 6-14yrs White-Yellow	
4.15pm	Zen 6-14yrs Green	Zen All Ages Brown-Black	Zen 6-9yrs Orange-Blue	Zen 6-14yrs Green	Zen 6-14yrs Green	
5.00pm	Zen 6-14yrs Black	Zen 10-14yrs Green	Zen 6-14yrs Brown-Black	Zen 10-14yrs Blue	Zen 10-14yrs Orange-Blue	
5.45pm	Zen 10-14yrs Orange-Blue	Zen 10-14yrs Blue	Zen 6-14yrs Green	Kids BlackBelt Club	Zen 6-14yrs Brown-Black	
6.30pm	Adult Classes					
	Zen Snr White-Yellow	Zen Snr Orange-Blue	Adult Black Belt Club	Zen Snr Green-Black	All style All rank Fitness class	
7.30pm	Zen Snr Brown-Black	Zen Snr White-Yellow	Muay Thai Snr White	Zen Snr Orange-Blue		
8.30pm	Zen Snr Orange-Blue	Muay Thai Snr White-Yellow	Zen Snr All grades	Zen Snr White-Yellow		



TIMETABLE FOR DOJO 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.00am	Circuit Switch					Zen 10-14yrs White-Yellow
9.45am						Zen 6-9yrs Orange
10.30am		Personal Training Available 1 hour and ½ hour sessions Bookings at Reception				Zen 6-9yrs Blue
11.15am						Zen 10-14yrs Blue
12.00pm						Adult Muay Thai Orange & above 12.00-1.30pm
12.30pm						
	Junior Classes					
3.30pm	Zen 6-9yrs Blue	Zen 6-9yrs White-Yellow	Ninja-Ru 3-5yrs	Zen 6-9yrs White-Yellow	Ninja-Ru 3-5yrs	
4.15pm	Zen 6-9yrs Orange	Zen 10-14yrs White-Yellow	Zen 10-14yrs White-Yellow	Zen 10-14yrs White-Yellow	Zen 6-9yrs Orange-Blue	
5.00pm	Zen 6-14yrs Brown	Zen 10-14yrs Orange	Muay Thai Teens White-Yellow	Zen 10-14yrs Orange	Muay Thai Teens White-Yellow	
5.45pm	Zen 10-14yrs White-Yellow	Leadership Program	Muay Thai Teens Orange-Black	Kids Black Belt Club	Muay Thai Teens Orange-Black	
	Adult Classes					
6.30pm	Muay Thai Snr Yellow	Muay Thai Snr Orange-Black	Muay Thai Snr Orange-Black	Muay Thai Snr Orange-Black	Adult GPG	
7.30pm	Muay Thai Snr White	Zen Snr Green-Black & GPG	Muay Thai Snr Yellow			
8.30pm	Muay Thai Snr Orange-Black	Zen Snr GPG continues 8.30-9.00pm				