

CLUB	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Chiswick Arts Centre		7.15 pm Beginners; 7.15-8.30 pm General class		7.15- 7.45 pm Fitness/Bagwork Class; 7.45 - 8.30 pm Sparring Class	7.15-8.30 pm Black Belt Class		1030-1130am Basic Technique Class; 1130-1230 Kata Class
Dover Kings Hall		7.30-8.30 Beginners, General Class. 8.30-9.30 - Sparring/Black Belt Class		7.30-8.30 Beginners, General Class. 8.30-9.30 - Sparring/Black Belt Class			
FulhamTownmead Youth Club	11.00-12.00am - Sparring Class (Blue-Adv Yellow padwork)		8.00-9.30 pm All grades Beginners, Basics/syllabus				10.00-11.00am All Ages Kata
Fulham Esporta Health Club				8.00-9.30 pm All grades Beginners, Basics/syllabus			
High Wycombe Area							
a) Hughenden			7-30-9.00 pm Conditioning - all grades; kumite skills Green belt and above				
b) Kingshill					7.30-9.00 pm All Grades General syllabus; Black Belts: wk 1- Shodan;wk2-Nidan;wk3- Sandan		
c) Lacey Green		7.30-9.00 pm Beginners;Syllabus; kumite skills					
d) Tylers Green	9.30-1030 am Syllabus/kumite skills			7.30-8.45 pm Beginners;syllabus work. 8.45-9.30 Kumite skills			
Padstow Church Rooms	1.00-2.30pm Syllabus Work		7.30 -9.00 pm Beginners;conditioning/ syllabus		7.30 -9.00 pm Beginners;conditioning/s yllabus		