

**FAMILY KARATE CENTRES - BOTH LOCATIONS
EFFECTIVE SEPTEMBER 6, 2011**

MONDAY SPARRING/SD	TUESDAY KATA	WEDNESDAY SPARRING/SD	THURSDAY KATA	FRIDAY SPARRING/SD	SATURDAY KATA	SUNDAY KATA
WHARNCLIFFE 12:00 - 12:45 Adult Class	NORTH 12:00 - 12:45 Adult Class	WHARNCLIFFE 12:00 - 12:45 Adult Class	NORTH 12:00 - 12:45 Adult Class			NO CLASSES AT WHARNCLIFFE
5:00 - 5:45 Orange-Green	5:00 - 5:30 White-Yellow	5:00 - 5:45 Purple - Black	5:00 - 5:30 Little Dragons	5:00 - 5:30 White-Yellow	9:00 - 9:30 Little Dragons	11:00 - 11:45 Orange-Green
5:45 - 6:15 White-Yellow	5:30 - 6:00 Little Dragons	5:45 - 6:15 White-Yellow	5:30 - 6:00 Weapons	5:30 - 6:15 Orange-Green	9:30 - 10:15 White-Red	11:45 - 12:15 White- Yellow
6:15 - 6:45 TDF Sparring	6:00 - 6:45 Orange-Green	6:15 - 6:45 TDF Sparring	6:00 - 6:45 Purple - Black	6:15 - 7:00 Purple - Black	10:15 - 10:45 Weapons	12:15 - 1:00 Purple - Brown
6:45 - 7:30 Purple - Black	6:45 - 7:15 Weapons	6:45 - 7:30 Orange-Green	6:45 - 7:15 White-Yellow	7:00 - 8:00 N-TDF Weap./Kata	10:45 - 11:30 Purple - Black	1:00 - 1:30 W&Y Little Dragons
7:30 - 8:00 Black Belt	7:15 - 8:00 Purple - Black	7:30 - 8:00 Black Belt	7:15 - 8:00 Orange-Green		11:30 - 12:30 Adult Class	1:30 - 2:00 O&R Little Dragons
8:00 - 9:00 Adult Sparring	8:00 - 9:00 Adult Kata	8:00 - 9:00 Adult Sparring	8:00 - 9:00 Adult Kata		12:30 - 1:30 W/C - TDF	