TORA KAI KARATE TIMETABLE

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Room	Dojo 1	Dojo 2	Dojo 1	Dojo 2	Dojo 1	Dojo 2	Dojo 1	Dojo 2	Dojo 1	Dojo 2	Dojo 1	Dojo 2
09:00-10:00				Instructor Training	Fight Club						Family Class	9:15 -10am Tiny Tigers
10:00-11:00			Home Ed Karate		Instructor Training	Mushin	Home Ed Karate		Home Ed Tricking		Tora Kai Cadets	Tora Kai Juniors
11:00-12:00							Home Ed Karate				Tora Kai Juniors	Tiny Tigers
12:00-1:00	Home Ed Karate										Tora Kai Cadets	Tora Kai Juniors
1:00-2:00												
2:00-3:00											Black Belt Academy	Black Belt Academy
3:00-4:00												
4:00-5:00	Tiny Tigers		Tiny Tigers		Tiny Tigers		Tiny Tigers		Tiny Tigers		Capoeria	
5:00-6:00	Tora Kai Cadets	Tora Kai Juniors	Tora Kai Cadets	Tora Kai Juniors	Tora Kai Cadets	Tora Kai Juniors	Tora Kai Cadets	Tora Kai Juniors	Tora Kai Cadets	Tiny Tigers		
6:00-7:00	Tora Kai Juniors	Tora Kai Cadets	Tora Kai Cadets	Tora Kai Juniors	Tora Kai Juniors	Tora Kai Cadets	Cadets Sparring	Tora Kai Cadets	Tora Kai Juniors	Tora Kai Cadets		
7:00-8:00	Adult Karate	Mushin	Adult Karate	Young Ladies	Adult Karate Beginners	Karate for Women	Adult Karate		Adult Karate	Mushin		
8:00-9:00			Adult Karate Senior grades	Fight Club			Adult Sparring	SEBBA Open Mat				
9:00-10:00							SEBBA					

Street Dance		SEBBA	Black Belt & Above Only	Fight Club	Ages 16+	Seminars/Clinics	Invite Only
Tiny Tigers	Age Group 3-11	Sparring	Kids 9+ Yellow Belt and above	Combative Aikido	Ages 16+	Womens Karate	Karate for Young Ladies/Women
Tora Kai Juniors	Age Group 4-6	Capoeria	Kids All Grades	Adult Karate	Ages 16+	Family Class	Family Class
Tora Kai Cadets	Age Group 6-9						
	Age Group 9-16						

PRIVATE LESSONS AVAILABLE PLEASE SPEAK TO AN INSTRUCTOR