

TRAINING SCHEDULE 2005-2006

WOODBINE SHOTOKAN KARATE CLUB

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					9:00-10:00 KINDER (5-8)
	5:30-6:30 YOUTH (8-13)	5:30-6:30 YOUTH/ADULT (8+)	5:30-6:30 YOUTH (8-13)	5:30-6:30 WEAPONS (8-13)	10:00-11:00 YOUTH/ADULT (8+)
6:30-7:45 YOUTH/ADULT (8+)	6:45-8:00 ADULT (13+)	6:30-7:45 YOUTH/ADULT (8+)	6:45-8:00 ADULT (13+)	6:30-7:30 WEAPONS (13+)	11:00-12:00 YOUTH/ADULT (8+)
8:00-9:00 KICKBOXING (10+)		8:00-9:00 KICKBOXING (10+)			12:00-1:30 KUMITE (8+)

 ALL BELT LEVELS