

日本空手道



尚武館

JAPAN KARATE-DO SHOBUKAN

Wangara Weekly Training Schedule Unit 4 ,26 Baretta Road ,Wangara

Training Times	Monday	Tuesday	Wednesday	Thursday	Friday	Training Times	Saturday
9.15 - 10.15am	Box n Burn	Box n Burn	Box n Burn	Box n Burn		9.00am - 9.30am	Little Samurai Beginners 4 - 6 Yrs
4.00pm - 4.30pm		Little Samurai Beginners 4 - 6 Yrs		Little Samurai Beginners 4 - 6 Yrs	Little Samurai Beginners 4 - 6 Yrs	9.30am - 10.15am	Young Samurai Beginners 7 - 13 Yrs
4.30pm - 5.15pm		Young Samurai Beginners 7 - 13 Yrs		Young Samurai Beginners 7 - 13 Yrs	Master Class Weapons 7 - 9 Yrs	10.15am - 11.00am	Karate Shogun Yellow White to Orange White 7 - 9 Yrs
5.15pm - 6.00pm		Karate Shogun Yellow White to Orange White 7 - 9 Yrs		Karate Shogun Yellow White to Orange White 7 - 9 Yrs	Master Class Weapons 10 Yrs & Above	11.00am - 11.45am	Sports Karate Kata & Kumite 7 - 12 Yrs
6.00pm - 6.45pm		Karate Shogun Yellow White & Above 10 Yrs & Above	Kali Sikaran Filipino Martial Arts 6.30pm - 7.30pm	Karate Shogun Yellow White & Above 10 Yrs & Above		11.45am - 12.45pm	Teens / Adults All Grades
6.45pm - 7.45pm		Teens / Adults All Grades		Teens / Adults All Grades		1.00pm - 2.30pm	Kali Sikaran Filipino Martial Arts

