

日本空手道



尚武館

JAPAN KARATE-DO
SHOBUKAN

Forrestdale Weekly Training Schedule

Forrestdale Hall

352 Weld St Forrestdale

Training Times	Monday	Tuesday	Wednesday	Thursday	Friday
4.00pm - 4.30pm	Little Samurai Beginners 4 - 6 Yrs		Little Samurai Beginners 4 - 6 Yrs		
4.30pm - 5.15pm	Young Samurai Beginners 7 - 12 Yrs		Young Samurai Beginners 7 - 12 Yrs		
5.15pm - 6.00pm	Karate Shogun Intermediate/Advanced 7 - 12 Yrs		Karate Shogun Intermediate/Advanced 7 - 12 Yrs		
6.00pm - 7.00pm	Teens / Adults All Grades		Teens / Adults All Grades		