

SHEFFIELD DRAGONS TIMETABLE

JAN 2017

LITTLE DRAGONS (Children age 3 to 6 years)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4.00-4.45pm SPORT KARATE <i>(novice / inter)</i>	4.15-5pm SPORT KARATE <i>(Novice/inter) (Advanced)</i>	4.10-5pm KICKBOXING <i>(age 4 to 8 years)</i>	4.15-5pm SPORT KARATE <i>(Novice/inter) (Advanced)</i>	4-5pm TRIX N FLIPS <i>(Age 4 years +)</i>	10-10.45am SPORT KARATE <i>(Novice/inter) (Advanced)</i>

CHILDRENS CLASSES (Junior Dragons age 7 years and over)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4.10-5.00pm KICKBOXING <i>(Age 4 to 8 years)</i>	5.00-6.00pm MUAY-THAI / K1	4.30-5.30pm SPORT KARATE		4-5pm TRIX N FLIPS	9-10am SPORT KARATE
4.45-5.45pm SPORT KARATE	5.00 – 6.00pm KATA <i>(All Grades)</i>	5-5.50pm KICKBOXING <i>(Age 9 years +)</i>	5-6PM WEAPONS	4-6pm JUNIOR SQUAD	
5.00-5.50pm KICKBOXING <i>(Age 9 years +)</i>	6.00-7.00pm SPORT KARATE	5.30-6.30pm TRIX N FLIPS (6-10 years)	6-7pm TRADITIONAL KARATE (Whole Family)	5.00-6.00pm MUAY-THAI	11-2.30pm ATHLETES SQUAD
5.45-6.45pm CREATIVE FORMS	7-9.00pm TEAM TRAINING	6.30-7.30pm TRIX N FLIPS (11 years +)	6-7pm SPORT KARATE	6-7pm SPORT KARATE	12.30-2.30pm JUNIOR SQUAD
6.00-7pm BOXING		6-7pm BOXING	6-7.30pm TAEKWONDO (Whole Family)		
6.45-7.45pm SPORT KARATE (Whole Family)		7.30-8.30pm MUSICAL MARTIAL ARTS			



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