



RAKUEN MARTIAL ARTS

	MON	TUE	WED	THU	FRI	SAT	SUN
9:00					Private Classes (9am - 9pm) By Appointment	Kids Judo (4-7 year olds)	
9:30						Kids Judo (7-13 year olds)	
10:00						IJF Judo (Teenagers & Adults)	
10:30	All Ages Judo (All Members Welcome)		All Ages Judo (All Members Welcome)				
11:00							
11:30							
12:00							
12:30							
13:00							
13:30							
14:00							
14:30							
15:00							
15:30	Kids Judo (4-7 year olds)		Kids Judo (4-7 year olds)				
16:00	Kids Judo (7-13 year olds)	Kids Judo (4-7 year olds)	Kids Judo (7-13 year olds)	Kids Judo (4-7 year olds)			
16:30		Kids Judo (7-13 year olds)		Kids Judo (7-13 year olds)			
17:00							
17:30							
18:00	Throwing Kata (Teenagers & Adults)	All Ages Judo (All Members Welcome)	Groundwork Kata (Teenagers & Adults)	All Ages Judo (All Members Welcome)			
18:30							
19:00	IJF Judo (Teenagers & Adults)	Street Self-Defence (Teenagers & Adults)	IJF Judo (Teenagers & Adults)	Striking, Stretching & Cardio (Teenagers & Adults)			
19:30							
20:00							
20:30							

YEARLY CALENDAR

Semester One (24 weeks) : January 8th - June 23rd

Semester Two (24weeks) : July 8th - December 23rd

*No classes on Public Holidays and Long Weekends