



RAKUEN MARTIAL ARTS

| | MON | TUE | WED | THU | FRI | SAT | SUN |
|-------|---|---|---|--|--|-----------------------------------|-----|
| 9:00 | | | | | Private Classes (9am - 9pm) By Appointment | Kids IJF Judo (4-7 year olds) | |
| 9:30 | | | | | | Kids IJF Judo (7-13 year olds) | |
| 10:00 | | | | | | | |
| 10:30 | IJF Judo (Teenagers & Adults) | | IJF Judo (Teenagers & Adults) | | | IJF Judo (Teenagers & Adults) | |
| 11:00 | | | | | | | |
| 11:30 | | | | | | | |
| 12:00 | | | | | | | |
| 12:30 | | | | | | | |
| 13:00 | | | | | | | |
| 13:30 | | | | | | | |
| 14:00 | | | | | | | |
| 14:30 | | | | | | | |
| 15:00 | | | | | | | |
| 15:30 | Kids IJF Judo (4-7 year olds) | | Kids IJF Judo (4-7 year olds) | | | | |
| 16:00 | Kids IJF Judo (7-13 year olds) | Kids IJF Judo (4-7 year olds) | Kids IJF Judo (7-13 year olds) | Kids IJF Judo (4-7 year olds) | | | |
| 16:30 | | Kids IJF Judo (7-13 year olds) | | Kids IJF Judo (7-13 year olds) | | | |
| 17:00 | | | | | | | |
| 17:30 | | | | | | | |
| 18:00 | Nage no Kata (Groundwork Skills) Yellow Belt+ | All Ages Judo (All Members Welcome) | Katame no Kata (Groundwork Skills) Yellow Belt+ | All Ages Judo (All Members Welcome) | | | |
| 18:30 | | | | | | | |
| 19:00 | IJF Judo (Teenagers & Adults) | Goshin Jitsu (Self Defence Skills) Yellow Belt+ | IJF Judo (Teenagers & Adults) | Combat Striking & Cardio (Striking Kata & Circuit Training) All Members Welcome | | | |
| 19:30 | | | | | | | |
| 20:00 | | | | | | | |
| 20:30 | | | | | | | |

YEALY CALENDAR

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

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

*No Classes on Public Holidays and Long Weekends