

# Ashford Dojo: Timetable



KARATE LEADERSHIP

	MON	TUES	WED	THUR	FRI
9.30					
9.45					
10.00	LADIES ONLY		LADIES ONLY		LADIES ONLY
10.15					
10.30					
10.45	FITTER 4 LIFE		FITTER 4 LIFE		FITTER 4 LIFE
11.00					
16.00		K2 INTERMEDIATE	Little Ninjas	Little Ninjas	
16.15					
16.30					
16.45	Little Ninjas	SPARRING			Little Ninjas
17.00			K1 KICKSTART	K1 KICKSTART	
17.15		K3 ADVANCED			
17.30	K1 KICKSTART	LEADERSHIP	K2 INTERMEDIATE	LEADERSHIP	K1 KICKSTART
17.45					
18.00	LEADERSHIP	K1 KICKSTART	SPARRING	K2 INTERMEDIATE	LEADERSHIP
18.15					
18.30			K3 ADVANCED	SPARRING	K2 INTERMEDIATE
18.45	K2 INTERMEDIATE				
19.00		BLACKBELT	BLACKBELT	K3 ADVANCED	
19.15					
19.30	LADIES ONLY			ADULT KICKSTART	CIT
19.45		ADULT KICKSTART	LADIES ONLY		
20.00					
20.15					
20.30					
20.45					
21.00					
21.15					
21.30					

	SAT
8.30	
8.45	Little Ninjas
9.00	
9.15	
9.20	Little Ninjas
9.30	
9.45	
10.00	BLACKBELT
10.15	
10.30	
10.45	K1 KICKSTART
11.00	
11.15	LEADERSHIP
11.30	
11.45	
12.00	K2 INTERMEDIATE
12.15	
12.30	K3 ADVANCED
12.45	
13.00	