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Time	Monday	Time	Tuesday	Time	Wednesday	Time	Thursday	Time	Friday	Saturday
12:15 - 12:50pm		12:15 - 12:50pm	PowerHouse	12:15 - 12:50pm		12:15 - 12:50pm	PowerHouse			
3:30-4pm	JEDI Kids (4-6 yrs)	3:30-4:15pm	KARATE kids (7-12yr) Blue-Black	3:30-4pm	JEDI Kids (4-6 yrs)	3:30-4:15pm	KARATE kids (7-12yr) Blue-Black			
4-4.45pm	KARATE kids (7-12yr) White-Red	4:15 - 5:00pm	KARATE kids (7-12yr) Green -Purple	4-4.45pm	KARATE kids (7-12yr) White-Red	4:15 - 5:00pm	KARATE kids (7-12yr) Green - Purple			
4:45-5:30pm	Kids 7-12yr Karate Sport & Kickboxing	5:00-5:45pm	KARATE kids (7-12yr) Yellow - Red	4:45-5:30pm	Kids 7-12yr Karate Sport & Kickboxing	5:00-5:45pm	KARATE kids (7-12yr) Yellow - Red			
5:35 - 6.05pm	Powerhouse	5:45-6:20pm	Powerhouse	5:35 - 6.05pm	Powerhouse	5:45 - 6:20pm	Powerhouse			
6:15-7:15pm	KARATE Y&A Inter. Adv.	6:20-7.15pm	KARATE Y & A Beg.-Inter.	6:15-7:15pm	KARATE Y&A Inter. Adv	6:20-7.15pm	KARATE Y & A Beg.-Inter.			
7:15-8:15pm	Sport Karate/ KICKBOXING	7:15-8:15pm	Youth/Adult +13yr KRAV MAGA (based on (Kick-) Boxing Self Defence/ MMA)	7:15-8:15pm	Sport Karate/ KICKBOXING	7:15-8:15pm	Youth/Adult +13yr KRAV MAGA (based on (Kick-) Boxing Self Defence/ MMA)			