Schedule SHOGUN DOJO Smithers - Sep. 2nd 2025 - Jun. 25th 2026

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Time	Monday	Time	Tuesday	Time	Wednesday	Time	Thursday	Time	Friday	Saturday
		12:15 - 12:50pm	POWER HOUSE	12:15- 1:15pm	WOMEN'S KICKBOXING	12:15- 12:50pm	POWER HOUSE			TEAM TRAINING (By invitation only) DRILLS/ KATA 10:00 am SPARRING 10:45 am
3:30- 4pm	JEDI Kids (4-6 yrs)	3:30- 4:15pm	KARATE Kids (7-12yr) purple-black	3:30- 4pm	JEDI Kids (4-6 yrs)	3:30- 4:15pm	KARATE Kids (7-12yr) purple-black			
4:00- 4:45pm	KARATE KIDS (7-12yr) white-orange	4:15 - 5:00pm	KARATE Kids (7-12yr) red-green	4:00- 4:45pm	KARATE KIDS (7-12yr) white-orange	4:15- 5:00pm	KARATE Kids (7-12yr) red-green			
4:45- 5:30pm	TBD	5:00- 5:45pm	KIDS (7-12yr) SPORT Karate & Kickboxing	4:45- 5:30pm	TBD	5:00- 5:45pm	KIDS (7-12yr) SPORT Karate & Kickboxing			
5:35 - 6:05pm	POWER HOUSE	5:45- 6:20pm	POWER HOUSE	5:35 - 6:05pm	POWER HOUSE	5:45- 6:20pm	POWER HOUSE			
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+ TBD	7:15- 8:15pm	Sport Karate/ KICKBOXING	7:15- 8:15pm	Youth/Adult 13yr+ TBD			