



# TRAINING TIME TABLE 2024/25

<u>DAY</u>	<u>TIME</u>	<u>ADULT/ CHILDREN</u>	<u>COLOUR OF BELT</u>
MONDAY	5.00-6.00PM	CHILDREN	WHITE, RED ,YELLOW
	6.00-7.00PM	ADULT AND CHILDREN	ALL GRADES
TUESDAY	5.00-6.00PM	LITTLE NINJA'S	LITTLE NINJA'S ONLY
	6.00-7.00PM	ADULT AND CHILDREN	PARENT & CHILD CLASS Also open to all grades
	7.00-8.00PM	ADULTS	WHITE UPTO GREEN
	8.00-9.00PM	ADULTS	PURPLE TO BLACK
WEDNESDAY	5.00-6.00PM	CHILDREN	WHITE, RED, YELLOW
TEAM TRAINING	6.00-7.00PM	CHILDREN	ORANGE, BLUE, GREEN
	6.00-8.00PM	7.00-8.00PM	ADULT AND CHILDREN
THURSDAY	5.00-6.00PM	CHILDREN	WHITE, RED, YELLOW ORANGE,BLUE & GREEN
	6.00-7.00PM	ADULT & CHILDREN	PARENT & CHILD CLASS Also open to all grades
	7.00-8.30PM	ADULT & CHILDREN	(CHILDREN) ALL PURPLE ALL BROWN ADULT ALL GRADES
FRIDAY	5.00-6.00PM	CHILDREN	WHITE, RED, YELLOW
	6.00-7.00PM	CHILDREN	ORANGE UPTO ANY BROWN
SATURDAY	11.00-12.00PM	CHILDREN	WHITE, YELLOW, RED, ORANGE, AND BLUE
	12.00-1.00PM	ADULT AND CHILDREN	CHILDREN/ GREEN, PURPLE, BROWN ADULT ALL GRADES
SUNDAY	CLOSED	CLOSED	CLOSED