

CLASS TIMETABLE

SD MARTIAL ARTS

259 Greenstead Road, Colchester, CO1 2SJ
01206 870700

MONDAY

- LITTLE DRAGONS (Karate)**
4.30-5.15 PM 3-5
- KARATE (MIXED)**
5.30-6.30 PM 6+
- KIDS FREESTYLE NINJA TRAINING**
6.00-7.00 PM 8+
- KICK BOXING**
6.45-7.45 PM 7+
- FREESTYLE NINJA TRAINING**
7.15-8.15 PM 16+

TUESDAY

- LITTLE COBRAS (Kickboxing)**
4.30-5.15 PM 4-6
- KARATE (BEG/INT)**
5.30-6.30 PM 6+
- KARATE (ADV)**
6.45-7.45 PM 6+

WEDNESDAY

- LITTLE DRAGONS**
4.30-5.15 PM 3-5
- KARATE KUMITE**
5.30-6.30 PM 6+
- KIDS FREESTYLE NINJA TRAINING**
6.00-7.00 PM 7+
- KICK BOXING**
6.45-7.45 PM 7+

THURSDAY

- BEG-INT KARATE**
6.00-7.00 PM 6+
- ADVANCED KARATE**
7.15-8.15 PM 6+
- BOXING**
8.00-9.00 PM 8+

FRIDAY

- LITTLE DRAGONS (Karate)**
4.30-4.45 PM 3-5
- KARATE (MIXED)**
5.30-6.30 PM 7+

SATURDAY

- KARATE (MIXED)**
9.15-10.15 AM 6+
- LITTLE DRAGONS (Karate)**
9.30-10.15 AM 3-5
- KARATE KUMITE (MIXED)**
10.30-11.30 AM 6+
- MUAY THAI & CONDITIONING**
10.30-11.30 AM 14+

SUNDAY

- KARATE (MIXED)**
9.30-10.30 AM 6+
- KATA**
10.45-11.45 AM 6+

