

CRAWLEY BLACKBELT ACADEMY

THE ACADEMY RESERVES THE RIGHT TO ALTER THE TIMETABLE

www: crawley-karate.com Tel: 01293 524621

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4.00pm---4.45pm PHASE 1 BEG	4.00pm---4.45pm SUPER NINJAS	4.00pm---4.45pm LITTLE NINJAS	4.00pm---4.45pm LITTLE NINJAS	4.00pm—4.45pm SUPER NINJAS	10.00am— 10.45am PHASE 1 BEG
4.45pm- 5.30pm PRE-DAN BLACK BELTS	4.45pm- 5.30pm PHASE 1 BEG	4.45pm---5.30pm PHASE 1 BEG	4.45pm---5.30 pm SMALL SPARRING	4.45pm—5.30pm PHASE 1 BEG	10.45am— 11.30am SPARRING FIT KIDS
5.30pm- 6.15pm PHASE 2 INT	5.30pm- 6.15pm PHASE 2 INT	5.30pm—6.15pm TRAINING AIDS	5.30pm - 6.15pm PHASE 1 BEG	5.30pm—6.15pm TRAINING AIDS	11.30am— 12.15pm PHASE 2 INT AND PHASE 3 ADV
6.15pm---7.00pm PHASE 3 ADV	6.15 pm-7.00 pm PHASE 3 ADV	6.15PM—7.00pm MASTERS	6. 30pm - 7.15pm PHASE 2 INT AND PHASE 3 ADV	6.15pm—7.00pm SPARRING FIT KIDS	
7.00pm ----8.00pm BLACK BELTS	7.00pm ----8.30pm ADULTS		7.15pm---8.00pm SPARRING FIT KIDS CARDIO		
8.00pm---9.00pm LADIES NITE			8.00pm—9.00pm ADULTS CARDIO CLASS		
<u>Monday all classes</u> <u>Main Hall</u> <u>LADIES DOJO</u>	<u>Tuesday FIRST 2</u> <u>Classes Dojo LAST 3</u> <u>Main Hall</u>	<u>Wednesday All Classes</u> <u>Dojo</u>	<u>Thursday FIRST 3</u> <u>Classes Dojo LAST 3</u> <u>Main Hall</u>	<u>Friday All Classes Dojo</u>	<u>Friday All Classes</u> <u>Dojo</u>