

Adults

Monday, Wednesday

10.00am till 11.00am

Monday & Wednesday No gi

6pm to 7pm class

7pm to 8pm open mat

Tuesday & Thursday Gi 6pm to

7pm class

7pm to 8pm open mat

Sunday Gi 11am to 1pm

Kids

Tuesday, Wednesday, Thursday

5pm to 5:45pm

Homeschool kids

Monday, Wednesday, Friday 11

to noon