

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00am		Adults Kickboxing 13 years + 9:00am – 9:45am				Karate Kids 3 to 9 years 9:00am – 9:45am	Dojo Reserved for Events
10:00am	Fitness Conditioning 13 years + 10:00am – 10:45am			Adults Alpha Fight Club INVITE ONLY		Family Karate All Ages 10:00am – 10:45am	
11:00am			Private One2one booking available Various times throughout the week Please Enquire			Kata Lesson All Ages 11:00am – 11:45am	
12:00pm						Family Martial Arts All Ages 12:00pm – 12:45pm	
1:00pm						Fight Club All Ages 1:00pm – 1:45pm	
4:00pm	Karate Kids 3 to 9 years 4:00pm – 4:45pm	Rookie Kids Fight Club 3 to 9 years 4:00pm – 4:45pm	Kids & Juniors Karate 6 to 12 years 4:00pm – 4:45pm	Karate Kids 3 to 9 years 4:00pm – 4:45pm	Karate Kids 3 to 9 years 4:00pm – 4:45pm		
5:00pm	Kids & Juniors Karate 6 to 12 years 5:00pm – 5:45pm	Rookie Cadets Fight Club 10 to 15 years 5:00pm – 5:45pm	Weapons Forms All Ages 5:00pm – 5:45pm	Juniors Karate 9 to 13 years 5:00pm – 5:45pm	Juniors Karate 9 to 13 years 5:00pm – 5:45pm		
6:00pm	Juniors Karate 9 to 13 years 6:00pm – 6:45pm	Advanced Fight Club Invite Only	Fight Club All Ages 6:00pm – 6:45pm	Advanced Training Brown Belt & Above 6:00pm – 6:45pm	Open Mat & Gym Time Adults 6:00pm – 6:45pm		
7:00pm	Adults Kickboxing 13 years + 7:00pm – 7:45pm	Adults Fight Club Rookie Advanced Alpha 7:00pm – 8:30pm Double Session	Adults Kickboxing 13 years + 7:00pm – 7:45pm	Kata Lesson All Ages 7:00pm – 7:45pm	Adults Fight Club Rookie Advanced Alpha 7:00pm – 8:30pm Double Session		
8:00pm	Open Mat & Gym Time Adults 8:00pm – 8:45pm		Fitness Session All Ages 8:00pm – 8:45pm	Adults Karate 13 years + 8:00pm – 8:45pm			

Scan Me



Spirit Family



SKF Dojo Timetable

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