



REGION 30 – NOTTINGHAM WEST

CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	WEDNESDAY <i>(continued)</i>	FRIDAY	SATURDAY	SUNDAY
	BILBOROUGH Sheila Russell Centre, Nottingham, NG8 3AR ↓	BILBOROUGH Sheila Russell Centre, Nottingham, NG8 3AR ↓	BEESTON Roundhill School, Nottingham, NG9 1AE ↓	BILBOROUGH Sheila Russell Centre, Nottingham, NG8 3AR ↓		BILBOROUGH Sheila Russell Centre, Nottingham, NG8 3AR ↓
	6-7pm Karate Fundamentals (under 13's)	6-7pm Karate Fundamentals (under 13's)	6.30-7.30pm Beginners (all ages welcome)	6-7pm Karate Fundamentals (under 13's)		2.30-4.30pm Gradings (2 nd Sunday of each month)
	6-7pm Karate Fundamentals (13yrs +)	6-7pm Karate Fundamentals (13yrs +)	7.30-8.30pm Intermediate (all ages welcome)	6-7pm Karate Fundamentals (13yrs +)		2-4pm Tournament Training (3 rd Sunday of each month)
	7.30-9pm Senior Class (invitation only, 14yrs +)	7-8pm Kata & Kumite (all ages welcome)		7-8pm Kata & Kumite (all ages welcome)		

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