



REGION 30 – DERBY

CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	ALLESTREE Portway Junior School, DE22 2GL	DERBY CTRL Lonny Wilsoncroft Centre, DE1 1GL	SPONDON West Park School, DE21 7BT	DERBY CTRL Lonny Wilsoncroft Centre, DE1 1GL	SPONDON West Park School, DE21 7BT	
	↓	↓	↓	↓	↓	
	6.30-7.30pm Karate Fundamentals (all ages welcome)	6.30-7.30pm Karate Fundamentals (all ages welcome)	6-7pm Beginner & Intermediate (all ages welcome)	6.30-7.30pm Karate Fundamentals (all ages welcome)	10-11am Advanced Class (all ages welcome)	
	7.30-8.30pm Kata & Kumite (all ages welcome)	7.45-8.45pm Kata & Kumite (all ages welcome)	7.30-9pm Senior Class (invitation only, 14yrs +)	7.45-8.45pm Kata & Kumite (all ages welcome)	11-12pm Beginner & Intermediate (all ages welcome)	
					2.30-4.30pm Gradings (4 th Saturday of each month)	

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