



HIGHLAND PARK DOJO CLASS TIMETABLE

WEEKDAY TIMETABLE

SESSION	MON	TUE	WED	THU	FRI
Yoji 3 yrs old ----- 4 yrs old		4.00-4.30pm ----- 4.40-5.20pm			
5-9 yrs (All grades)	4.00pm to 4.45pm		4.00pm to 4.45pm		4.00pm to 4.45pm
10-13 yrs (All grades)	5.00pm to 6.00pm		5.00pm to 6.00pm		5.00pm to 6.00pm
Family (All grades, 5yrs+)	6.15pm to 7.15pm	6.15pm to 7.15pm	Black Belt Class 6.15 - 7.15pm	6.15pm to 7.15pm	6.15pm to 7.15pm
13yrs + (All grades)	Junior Development Invite only 7.30 -9.00pm	7.30pm to 9.00pm	Instructor Class 7.30 to 9.30pm	7.30pm to 9.00pm	Senior class 7.30pm to 9.00pm Invite only

SATURDAY TIMETABLE

9.30am to 10.30am	White and Yellow Belts (5yrs +)
10.45am to 12.00pm	Orange Belts & Above (5yrs +)
2.20-3.00pm ----- 3.15-3.45pm	Yoji's 4 yrs old ----- 3 yr olds
4.00pm to 5.30pm	All grades (5yrs +)

SUNDAY TIMETABLE

9.00am To 10.00am	White and Yellow Belts (5yrs+)
10.15am To 11.15am	Orange Belts & Above (5yrs+)
5.30pm To 7.30pm	Tournament Training (Invite Only)

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