



REGION 30 – NOTTINGHAM EAST

# CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		<b>ARNOLD</b> St Paul's Church Hall, Daybrook, NG5 6JD	<b>ARNOLD</b> St Paul's Church Hall, Daybrook, NG5 6JD	<b>ARNOLD</b> St Paul's Church Hall, Daybrook, NG5 6JD	<b>ARNOLD</b> St Paul's Church Hall, Daybrook, NG5 6JD	
		↓ <b>6-6.45pm</b> Under 13's Only (all grades)	↓ <b>5.30-6.15pm</b> Under 13's Only (all grades)	↓ <b>6-6.45pm</b> Under 13's Only (all grades)	↓ <b>10-10.45am</b> Under 13's Only (all grades)	
		<b>7-8pm</b> Under 13's Only (green belt +)	<b>6.30-7.30pm</b> Karate Fundamentals (under 16's)	<b>7-8pm</b> Under 13's Only (green belt +)	<b>11-12pm</b> Under 13's Only (green belt +)	
		<b>7-8pm</b> 13 Yrs + (all grades)	<b>6.30-7.30pm</b> Karate Fundamentals (16yrs +)	<b>7-8pm</b> 13 Yrs + (all grades)	<b>11-12pm</b> 13 Yrs + (all grades)	
		<b>8-9pm</b> 13 Yrs + (all grades)	<b>7.45-9pm</b> Senior Class (invitation only)			

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