



# HIGHLAND PARK DOJO CLASS TIMETABLE

## WEEKDAY TIMETABLE

SESSION	MON	TUE	WED	THU	FRI
<b>Yoji</b> (3-4 yrs)		4.00pm to 4.30pm			
<b>5-9 yrs</b> (All grades)	4.00pm to 4.45pm		4.00pm to 4.45pm		4.00pm to 4.45pm
<b>10-13 yrs</b> (All grades)	5.00pm to 6.00pm		5.00pm to 6.00pm		5.00pm to 6.00pm
<b>Family</b> (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
<b>13yrs +</b> (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 +)
3.15pm to 3.45pm	Yoji's (3-4 yrs)
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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