



REGION 30 – NOTTINGHAM WEST

# CLASS TIMETABLE

| <b>MONDAY</b> | <b>TUESDAY</b>  | <b>WEDNESDAY</b>   | <b>WEDNESDAY</b><br><i>(continued)</i>                     | <b>FRIDAY</b>  | <b>SATURDAY</b> | <b>SUNDAY</b>   |
|---------------|---|--|--|--|-----------------|---|
|               | <b>BILBOROUGH</b><br>Brocklehigh Sports Ctr,<br>Nottingham, NG8 3AJ | <b>STRELLEY</b><br>Sheila Russell Centre,<br>Nottingham, NG8 3AR | <b>BEESTON</b><br>Roundhill School,<br>Nottingham, NG9 1AE | <b>STRELLEY</b><br>Sheila Russell Centre,<br>Nottingham, NG8 3AR |                 | <b>BILBOROUGH</b><br>Brocklehigh Sports Ctr,<br>Nottingham, NG8 3AJ                               |
|               | ↓<br><b>5-5.45pm</b><br>Under 13's Only<br>(all grades)             | ↓<br><b>6-6.45pm</b><br>Under 13's Only<br>(all grades)          | ↓<br><b>6.00-6.45pm</b><br>Under 13's Only<br>(all grades) | ↓<br><b>6-6.45pm</b><br>Under 13's Only<br>(all grades)          |                 | ↓<br><b>10-11am</b><br>Yellow & Orange belt<br>Gradings (1 <sup>st</sup> Sunday of<br>each month) |
|               | <b>6-7pm</b><br>Under 13's Only<br>(green belt +)                   | <b>7-8pm</b><br>Under 13's Only<br>(green belt +)                | <b>7.00-8.00pm</b><br>Under 13's Only<br>(green belt +)    | <b>7-8pm</b><br>Under 13's Only<br>(green belt +)                |                 | <b>11-1pm</b><br>Green belt + Gradings<br>(1 <sup>st</sup> Sunday of each<br>month)               |
|               | <b>6-7pm</b><br>13 Yrs +<br>(all grades)                            | <b>7-8pm</b><br>13 Yrs +<br>(all grades)                         | <b>7.00-8.00pm</b><br>13 Yrs +<br>(all grades)             | <b>7-8pm</b><br>13 Yrs +<br>(all grades)                         |                 | <b>10-1pm</b><br>Tournament Training<br>(3 <sup>rd</sup> Sunday of each<br>month)                 |
|               | <b>7.30-9pm</b><br>Senior Class<br>(invitation only)                |  |  | <b>8-9pm</b><br>13 Yrs +<br>(all grades)                         |                 |   |

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