



REGION 10 – LEEDS/WAKEFIELD, WEST YORKSHIRE

CLASS TIMETABLE

MONDAY	WEDNESDAY	WEDNESDAY <i>(continued)</i>	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MIDDLETON St John & Barnabas Church, Belle Isle Rd, LS10 3DN	SWILLINGTON Swillington Village Hall, Church Lane, LS26 8DX	CROSSGATES Methodist Church, Austhorpe Road, LS15 8QR	CASTLEFORD 2 Lock Lane Sports Centre, Lock Lane, WF10 2JU	LOFTHOUSE Methodist Church, Leeds Road, WF3 3NE	CASTLEFORD Castleford Academy, Ferrybridge Rd, WF10 4JQ	ROTHWELL Rothwell Leisure Centre, Wakefield Rd, LS26 8EL
7.00-8.00pm Karate Fundamentals <i>(all ages welcome)</i>	6.30-7.30pm <i>(all ages welcome)</i>	6.30-7.30pm Karate Fundamentals <i>(all ages welcome)</i>	6.00-7.00pm Karate Fundamentals <i>(all ages welcome)</i>	7.00-8.00pm Karate Fundamentals <i>(all ages welcome)</i>	10.00-11.00am <i>(all ages welcome)</i>	10.00-11.00am <i>(all ages welcome)</i>
8.00-9.00pm Kata & Kumite <i>(all ages welcome)</i>		7.30-8.30pm Kata & Kumite <i>(all ages welcome)</i>	7.15-8.30pm Senior Class <i>(invitation only)</i>	8.00-9.00pm Kata & Kumite <i>(all ages welcome)</i>	11.00-12.00am <i>(all ages welcome)</i>	11.00-12.00pm <i>(all ages welcome)</i>
				ACKWORTH Ackworth Parish Hall, Bell Lane, WF7 7JH		
				6.00-7.00pm <i>(all ages welcome)</i>		

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