




KEMPO GENBU RYU INTERNATIONAL KARATE ORGANISATION - HEADQUARTERS



True Japanese (Samurai Spirit) Dojo

KARATE KICKBOXING GRAPPLING

TIMETABLE SO-HOMBU DOJO, Blacktown NSW Australia

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Kickboxing - Bag work / Sparring Combinations 10.00 am - 10.45am		Kickboxing - Bag work / Sparring Combinations 10.00 am - 10.45am		Kickboxing - Bag work / Sparring Combinations 10.00 am - 10.45am	Grappling - Adults (15 years +) 8.00am - 9.00am
Karate (Adults) 11.30am - 12.15pm		Karate (Adults) 11.30am - 12.15pm		Karate (Adults) 11.30am - 12.15pm	Grappling - Kids (under 15 years old) 9.30am - 10.30am
Karate Kids Class 1 4.30pm - 5.15pm		Karate Kids Class 1 4.30pm - 5.15pm			Karate (Kids combined) 11.00am - 12.00pm
Karate Kids Class 2 (under 12) 5.30pm - 6.30pm		Karate Kids Class 2 (under 12) 5.30pm - 6.30pm			
Karate 12 - 15 years old) 6.30pm - 8.00pm	Grappling - Kids (under 15 years old) 5.00pm - 6.00pm	Karate (12 - 15 years old) 6.30pm - 8.00pm	Grappling - Kids (under 15 years old) 5.00pm - 6.00pm	Karate (12 - 15 years old) 6.30pm - 8.00pm	
Karate (16 years + Adults) 6.30pm - 8.00pm	Grappling - Adults (15 years +) 6.30pm - 8.00pm	Karate (16 years + Adults) 6.30pm - 8.00pm	Grappling - Adults (15 years +) 6.30pm - 8.00pm	Karate (16 years + Adults) 6.30pm - 8.00pm	
		Kickboxing - Bag work / Fitness & Conditioning 7.30 pm - 8.30pm		Kickboxing - Bag work / Sparring Combinations 7.30 pm - 8.30pm	