



# TRIFU DOJO 2015 TIMETABLE

MONDAYS			
ABC POOL SYDNEY CITY	6am	MA Circuit Training	Adults all levels
	4pm	Ninjas	3-5yr olds
	4.30	Kids Karate 1	Beginners
	5.15	Kids Karate 2	Intermediate/Advanced
	6pm	Adults & Teens Karate	Beginners - Blue belt
	6.45	Fight Fit & Drills	Adults all levels
	7.30	Adults Advanced Karate	Kyokushin Yellow Belts & higher
	8.15	Brazilian Jiu-Jitsu	BJJ for adults
PADDINGTON	3.30pm	Kids Karate 1	Suitable beginners/
	4.30pm	Ninjas	3-5yr olds
	5.10pm	Kids Karate	All levels
	6pm	Bring a friend Intro class	Bring a friend & show them what you do
BONDI PAVILLION	10am	Ninjas	2½-5yrs olds
	10.35am	Mini Ninjas	1½ -2½yr olds with Mum or Dad
DARLINGHURST	3pm	Kids Karate	All Levels
VAUCLUSE	8.15am	Kids Karate	All Levels
TUESDAYS			
ABC POOL SYDNEY CITY	3pm	Mini Ninjas	1½-2½yr olds with Mum or Dad
	3.30pm	Ninjas	3-5yr olds
	4pm	Kids Karate 1	Beginners
	4.45pm	Kids Karate 2	Intermediate/Advanced
	5.30pm	Kids Squad Training	Selection only
	6.30pm	Fight Fit & Drills	Adults all levels
	7.30pm	Sparring	Adults all levels
PADDINGTON	3.30pm	Kids Karate 1	Suitable beginners
	4.30pm	Ninjas	2½-5yr olds
	5.15pm	Kids Karate	All levels
	6pm	Parents & Kids	Fitness & Basics (5+yrs)
	7pm	Adults & Teens Karate Beginners	Kyokushin Beginners - Blue belt
BONDI PAVILLION	3.15pm	Kids Karate 1	Beginners
	4pm	Ninjas	3-5yr olds
	4.30pm	Kids Karate 1	Beginners/intermediate
	5.15pm	Parents & Kids	Fitness & Basics (5yrs +)
PYRMONT	10.30am	Ninjas	2½-5yr olds
	11.05am	Mini Ninjas	1½ -2½yr olds with Mum or Dad
	11.45am	Adults & Teens Karate General	Kyokushin Adults & Teens All Levels
ROSEVILLE	4.45pm	Ninjas	2½-5yr olds
	5.15pm	Kids Karate	All levels
LINDFIELD EAST	6.30pm	Kids Karate	All levels
	7.15pm	Parents & Kids	Fitness & Basics (5yrs +)
WEDNESDAYS			
SYDNEY CITY	6am	MA Circuit Training	Adults all levels
PADDINGTON	4.30pm	Ninjas	2½-5yr olds
	4.30pm	Kids Karate 1	Suitable beginners
	5.15pm	Kids Karate 2	Intermediate/Advanced
	5.15pm	Kids MMA	Kids Basic Mixed Martial Arts
	6.10pm	Parents & Kids	Fitness & Basics (5yrs +)
	6.10pm	Kickboxing Mixed	Kickboxing (All ages. Check with Sensei)
	7.15pm	Brazilian Jiu-Jitsu Mixed	BJJ class (All Ages. Check with Sensei)
	8pm	Adults MMA	Adults Mixed Martial Arts Skills
BONDI PUBLIC	3pm	Kids Karate	All Levels
DOUBLE BAY	3pm	Kids Karate	All levels
VAUCLUSE	8.15am	Kids Karate	All Levels

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## THURSDAYS

PADDINGTON	4.20pm	Kids Karate 1	Suitable beginners
	5.05pm	Ninjas	2½-5yr olds
	5.40pm	Kids Karate	All levels
	5.45pm	Kata	Kyokushin Adults & Teens All Levels
	6.30pm	MA Circuit training (½hr)	Circuit training for adults & teens
	6.30pm	Adults & Teens Karate Advanced	Kyokushin Yellow Belts & higher
	7pm	Adults & Teens Karate Beginners	Kyokushin Beginners - Blue belt
	8pm	Kata	Kyokushin Adults & Teens Advanced
	8pm	Kickboxing Adults & Teens	Adults & Teens Kickboxing all levels
BONDI PAVILLION	10am	Ninjas	2½-5yr olds
	10.35am	Mini Ninjas	1½ -2½yr olds with Mum or Dad
	3.15pm	Kids Karate 1	Beginners
	4.05pm	Ninjas	3-5 year olds
	4.35pm	Kids Karate 1	Beginners
	5.15pm	Parents & Kids	Fitness & Basics (5yrs +)
DOUBLE BAY	3pm	Kids Karate	All levels

## FRIDAYS

ABC POOL SYDNEY CITY	3pm	Private Tuition	Private Lessons (Book)
	4pm	Ninjas	3-5yr olds
	4.30pm	Kids Karate 1	Beginners
	5.15pm	Parents & Kids	Fitness & Basics (5yrs +)
PADDINGTON	3.30pm	Kids Karate 1	Suitable beginners
	4.30pm	Ninjas	2½-5yr olds
	5pm	Open Mat	Self Training
ROSEVILLE	5.30pm	Ninjas	2½-5yr olds
	6pm	Kids Karate 1	Suitable beginners
	6.30pm	Kids Karate 2	Intermediate/Advanced
	7.15pm	Adults & Teens Karate General	Kyokushin All Levels

## SATURDAYS

ABC POOL SYDNEY CITY	12pm	Kids Karate 1	Suitable beginners
	12.45pm	Kids Karate 2	Intermediate/Advanced
	1.30pm	Ninjas	2½-5yr olds
	2.15pm	Fight Fit & Drills	Adults all levels
	3pm	Sparring	Adults & teens all levels
PADDINGTON	8am	Parents & Kids	Fitness & Basics (5+yrs)
	9am	Mini Ninjas	1½-2½yr olds with Mum or Dad
	9am	Kids Karate 1	Suitable beginners
	9.30am	Women & Girls Self Defense	Learn to defend yourself
	9.45am	Ninjas	2½-5yr olds
	10.15am	MA Circuit training (½hr)	Circuit Training Teens & Adults
	10.15am	Kids Karate 2	Intermediate/Advanced
	10.45 am	Adults & Teens Karate General	Kyokushin All Levels
11am	Kids Karate 1	Suitable beginners	
BONDI PAVILLION	1pm	Ninjas	2½-5yr olds
	1.30pm	Kids Karate 1	Beginners/intermediate
	2.15 pm	Parents & Kids	Fitness & Basics (5yrs +)
PYRMONT	10am	Ninjas	2½-5yr olds
	10.30am	Kids Karate 1	Beginners
	11.15am	Parents & Kids	Fitness & Basics (5yrs +)

## SUNDAY

ABC POOL SYDNEY CITY	12pm	Special Events or Private Tuition	Private lessons (Booking essential)
	2pm	Special Events or Private Tuition	Private lessons (Booking essential)

### LOCATIONS

SYDNEY, THE DOMAIN	ANDREW BOY CHARLTON POOL, 1C MRS MACQUARIES RD, SYDNEY, 2000
PADDINGTON	GLENMORE ROAD PUBLIC SCHOOL, 20 CAMBRIDGE ST, PADDINGTON, 2021
BONDI PAVILLION	BONDI BEACH PAVILLION, QUEEN ELIZABETH DVE, BONDI BEACH, 2026
PYRMONT	PYRMONT COMMUNITY CENTRE, CORNER JOHN & MOUNT ST, PYRMONT, 2009
DARLINGHURST	DARLINGHURST PUBLIC SCHOOL, WOMERAH LANE, POTTS POINT, 2011
DOUBLE BAY	DOUBLE BAY PUBLIC SCHOOL, WILLIAM ST, DOUBLE BAY, 2028
ROSEVILLE	ROSEVILLE PUBLIC SCHOOL, CORNER ADDISON & ARCHIBOLD RD, ROSEVILLE, 2069
LINDFIELD EAST	LINDFIELD EAST PUBLIC SCHOOL, 90 TRYON RD, EAST LINDFIELD, NSW, 2070
VAUCLUSE	VAUCLUSE PUBLIC SCHOOL CAMBRIDGE AVE, VAUCLUSE, 2030
BONDI PUBLIC SCHOOL	BONDI PUBLIC SCHOOL, 5 WELLINGTON ST, BONDI, 2026