

# Trifu Dojo 2017 Timetable

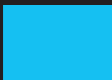




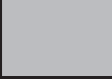




	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>ABC POOL SYDNEY</b>	6am 7am 5pm 6pm 6.45 7.30 8.15 Circuit Training All levels Private Tuition (Bookings) Private Tuition (Bookings) Adults & teens Karate Circuit Training (All Adults) Adults Advanced Karate Brazilian Jiu-Jitsu (Adults)	4pm 4.30 5.15 6.15 7.15 8.15 Ninjas (3-5yr olds) Kids Karate Kids Squad Training (Select) Circuit Training (All Adults) Sparring (Adults all levels) Bag & Pad Workout (Adults all levels)	6am 7am Circuit Training (Adults all levels) Private Tuition (Booking essential)		3pm 4pm 4.30 5.15 Private Tuition (Bookings) Ninjas (3-5yr olds) Kids Karate 1 (Beginners) Parents & Kids (Fitness & Basics 5yrs+)	12pm 12.30 1.15 2.15 3pm Ninjas (3-5yr olds) Kids Karate 1 (Beginners) Kids Karate 2 (Intermediate/Advanced) Circuit Training (Adults & Teens All levels) Sparring (Adults & Teens)
<b>PADDINGTON PUBLIC SCHOOL</b>	3.30 4.30 5.10 6pm Kids Karate 1 (Suitable for beginners) Ninjas (3-5yr olds) Kids Karate (All levels) Parents & Kids (Fitness & Basics 5+)	3.30 4.30 5.15 6pm 6pm 7pm Kids Karate 1 (Suitable for beginners) Ninjas (3-5yr olds) Kids Karate (All levels) Ladies & Girls Only (Fitness & Basics 5+yrs) Black Belt Training All ages + (Kata & Kihon) Adults & Teens Karate (Beginners - Blue belt)	4.30 4.30 5pm 5.15 5.15 6.10 6.10 7.15 8pm Ninjas (3-5yr olds) Kids Karate 1 (Beginners) Mini Ninjas (2-3yr olds) Kids Karate 2 (Intermediate/Advanced) Kids MMA (Mixed) Parents & Kids (5yrs+) Kickboxing Mixed (Check) Brazilian Jiu-Jitsu Mixed (Check with Sense) Adults MMA (Mixed Martial Arts)	4.20 5.05 5.40 6.30 6.30 7.30 7.30 8pm Kids Karate 1 (Beginners) Ninjas (3-5yr olds) Kids Karate (All levels) Adults & Teens Karate (Yellow belts & higher) Adults & Teens Karate (Beginners - Blue belt) Kata (Adults & Teens Adv) Kumite (Adults & Teens) Kickboxing All levels) Black Belt Training	3.30 4.30 4.30 5pm Kids Karate 1 (Beginners) Ninjas (3-5yr olds) Kids Karate 1 (Beginners) Open Mat (Self Training)	8am 9am 9am 9.15 9.45 10.15 10.15 11am Parents & Kids (5+yrs) Mini Ninjas (1&1/2 - 2yr olds with Mum or Dad) Kids Karate 1 (Beginners) Circuit Training + Self defence (All levels) Ninjas (2&1/2 - 5yr olds) Kids Karate 2 (Intermediate/Advanced) Adults & Teens Karate +General (Kyokushin 1hr) Kids Karate 1 (Beginners)
<b>BONDI PAVILLION</b>	10am 10.30 Ninjas (3-5yr olds) Mini Ninjas (2-3yr olds)	3.15 4pm 4.30 5.15 Kids Karate 1 (Beginners) Ninjas (3-5yr olds) Kids Karate (Beginners/Intermediate) Parents & Kids (Fitness & Basics 5yrs)		10am 10.30 3.15 4pm 4.30 5.15 Ninjas (3-5yr olds) Mini Ninjas (2-3yr olds) Kids Karate 1 (Beginners) Ninjas (3-5yr olds) Kids Karate 1 (Beginners) Parents & Kids (Fitness & Basics 5+)		1pm 1.30 2.15 Ninjas (2&1/2 - 5yr olds) Kids Karate 1 (Beginners/Intermediate) Parents & Kids (Fitness & Basics 5yrs+)
<b>ROSEVILLE PUBLIC SCHOOL</b>			3.15 4pm 4.30 5.15 6pm Kids Karate 1 (Beginners) Ninjas (3-5yr olds) Kids Karate (All levels) Parents & Kids (Fitness & Basics 5+) Adults & Teens Karate General (Kuyokushin All levels)		5.30 6pm 6.45 7.15 Ninjas (3-5yr olds) Kids Karate (All levels) Kata (Immediate/Advanced All ages) Adults & Teens Karate General (Kuyokushin All levels)	10.30 11am 11.45 Ninjas (3-5yr olds) Kids Karate 1 (Beginners) Parents & Kids (Fitness & Basics 5yrs+)
<b>DOUBLE BAY PUBLIC SCHOOL</b>			3pm Kids Karate (All levels)	3pm Kids Karate (All levels)		

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		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DARLINGHURST PUBLIC SCHOOL	3pm	Kids Karate (All levels)					
VAUCLUSE PUBLIC SCHOOL	8.15 am	Kids Karate (All levels)		8.15 am Kids Karate (All levels)			
COOGEE (97R Brook St)					3.30 Kids Karate (All levels) 4.14 Ninjas (3-5yr olds) 4.45 Kids Karate		

-  Sydney ABC Pool
-  Paddington
-  BondiPavillion
-  Roseville
-  Double Bay
-  Darlinghurst
-  Vaucluse
-  Coogee (New Location)

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