



2017 Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ABC POOL SYDNEY	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 Circuit Training (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)
GLENMORE RD PUBLIC SCHOOL	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 with Sense) 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)
BONDI PAVILLION	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+)
ROSEVILLE PUBLIC SCHOOL			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 (Kyokushin 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 (Kyokushin All levels)	10.30 11am 11.45 Ninjas (3-5yr olds) Kids Karate 1 (Beginners) Parents & Kids (Fitness & Basics 5yrs+)
DOUBLE BAY PUBLIC SCHOOL			3pm Kids Karate (All levels)	3pm Kids Karate (All levels)		




2017 Timetable

	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				3.30 Kids Karate (All levels) 4.14 Ninjas (3-5yr olds) 4.45 Kids Karate		

 Sydney ABC Pool
1c Mrs Macquarie Rd

 Paddington, GRPS
20 Cambridge St,

 BondiPavillion
Queen Elizabeth Dve
Bondi Beach

 Roseville
Cnr Addison &
Archibald Rd

 Double Bay
Public School
William St

 Darlinghurst
Womerah Lane
Potts Point

 Vaucluse Public School
26 Cambridge Street
Vaucluse

 Coogee
67R Brook St

For enquiries call **Lynne O'Brien** on **0418 452 262** or **Daniel Trifu** on **0410 799 816**
or email lynne@trifudojo.com.au and daniel@trifudojo.com.au