

TRIFU DOJO TIMETABLE 2019



	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
ABC POOL SYDNEY Click here for map	6:00AM	Circuit Training (all levels)	3:30PM	Mini Ninjas (2-3yrs old)	6:00AM	Circuit Training (adults - all levels)			3:00PM	Private Tuition (bookings)	11:00AM	Adults Karate	10:00AM	Ninjas (3-5yrs old)
	7:00AM	Private Tuition (bookings)	4:00PM	Ninjas (3-5yrs old)	7:00AM	Private Tuition (bookings)			3:15PM	Ninjas (3-5yrs old)	12:00PM	Ninjas (3-5yrs old)	10:30AM	Kids Karate
	5:00PM	Private Tuition (bookings)	4:30PM	Kids Karate	4:00PM	Weapons			3:45PM	Kids Karate	12:30PM	Kids Karate 1 (beginners)	11:15AM	Kids Karate (intermediate - advanced)
	6:00PM	Adults & Teens Karate (beginners)	5:15PM	Kids Squad Training (select)					4:00PM	Ninjas (3-5yrs old)	1:15PM	Kids Karate 2 (intermediate - advanced)	12:15PM	Parents & Kids
	6:45PM	Circuit Training (adults - all levels)	6:15PM	Circuit Training (all adults)					4:30PM	Kids Karate (all levels)	2:15PM	Circuit Training (adults & teens - all levels)	12:30PM	Ninjas (3-5yrs old)
	7:30PM	Adults Karate (advanced)	7:15PM	Sparring (adults - all levels)					5:15PM	Parents & Kids (fitness & basics 5yrs+)	3:00PM	Sparring (adults & teens)	12:30PM	Kids Karate
	8:15PM	Brazilian Jiu-Jitsu (adults)	8:15PM	Bag & Pad Workout (adults - all levels)					6:00PM	Adults Karate			1:00PM	Adults Karate

PADDINGTON Click here for map	3:30PM	Kids Karate 1 (beginners)	3:30PM	Kids Karate 1 (beginners)	3:45PM	Ninjas (3-5yrs old)	3:45PM	Ninjas (3-5yrs old)	3:30PM	Kids Karate 1 (beginners)	8:00AM	Parents & Kids (5yrs+)		
	4:30PM	Ninjas (3-5yrs old)	4:30PM	Ninjas (3-5yrs old)	4:30PM	Ninjas (3-5yrs old)	4:20PM	Kids Karate 1 (beginners)	4:30PM	Ninjas (3-5yrs old)	9:00AM	Mini Ninjas (1.5-2.5yrs old w/ mum or dad)		
	5:10PM	Kids Karate (all levels)	5:15PM	Kids Karate (all levels)	4:30PM	Kids Karate 1 (beginners)	5:05PM	Ninjas (3-5yrs old)	5:15PM	Open Mat (self training)	9:00AM	Kids Karate 1 (beginners) Circuit Training		
	6:00PM	Adults Karate (beginners)	6:00PM	Adults Karate (beginners)	5:00PM	Mini Ninjas (2-3yrs old)	5:40PM	Kids Karate (all levels)			9:45AM	Ninjas (2.5-5yrs old)		
					5:15PM	Kids Karate 2 (intermediate - advanced)	6:30PM	Adults & Teens Karate (yellow belts - higher)			10:15AM	Kids Karate 2 (intermediate - advanced)		
					5:15PM	Kids MMA (mixed)	6:30PM	Adults & Teens Karate (beginners - blue belt)			10:15AM	Adults & Teens Karate + General Kyokushin 1hr		
					6:10PM	Parents & Kids (5yrs+)	7:30PM	Kata (adults & teens kickboxing - all levels)			11:00AM	Kids Karate 1 (beginners)		
					6:10PM	Kickboxing Mixed (check)	7:30PM	Kumite (adults & teens kickboxing - all levels)						
					7:15pm	Brazilian Jiu-Jitsu (mixed)	8:00PM	Black Belt Training						
				8:00PM	Adults MMA (mixed martial arts)									

BONDI PAVILLION Click here for map	10:00AM	Ninjas (3-5yrs old)	3:15PM	Kids Karate 1 (beginners)			10:00AM	Ninjas (3-5yrs old)			1:00PM	Ninjas (2.5-5yrs old)		
	10:30AM	Mini Ninjas (2-3yrs old)	4:00PM	Ninjas (3-5yrs old)			10:30AM	Mini Ninjas (2-3yrs old)			1:30PM	Kids Karate 1 (beginners - intermediate)		
			4:30PM	Kids Karate (beginners - intermediate)			3:15PM	Kids Karate 1 (beginners)			2:15PM	Parents & Kids (fitness & basics 5yrs+)		
			5:15PM	Parents & Kids (fitness & basics 5yrs+)			4:00PM	Ninjas (3-5yrs old)						
							4:30PM	Kids Karate (beginners - intermediate)						
						5:15PM	Parents & Kids (fitness & basics 5yrs+)							

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DARLINGHURST Click here for map	4:00PM Kids Karate (all levels)						
COOK & PHILIP PARK Click here for map						8:30AM Kids Karate (all levels)	
						9:00AM Ninjas (3-5yrs old)	
						9:00AM Kids Karate (all levels)	
						9:45AM Parents & Kids	
						9:45AM Ninjas (3-5yrs old)	
						9:45AM Adult Karate	
ROSEVILLE Click here for map			3:15PM Kids Karate 1 (beginners)		5:30PM Ninjas (3-5yrs old)	10:30AM Ninjas (3-5yrs old)	
			4:00PM Ninjas (3-5yrs old)		6:00PM Kids Karate (all levels)	11:00AM Kids Karate 1 (beginners)	
			4:30PM Kids Karate (all levels)		6:45PM Kata (intermediate - advanced all ages)	11:45AM Parents & Kids (fitness & basics 5yrs+)	
			5:15PM Parents & Kids Karate (fitness & basics 5yrs+)		7:15PM Adults & Teens Karate General (Kyokushin - all levels)		
			6:00PM Adults & Teens Karate General (Kyokushin - all levels)				
DOUBLE BAY Click here for map			4:00PM Kids Karate (all levels)	4:00PM Kids Karate (all levels)			
COOGEE Click here for map				3:30PM Kids Karate (all levels)			
				4:15PM Ninjas (3-5yrs old)			
				4:45PM Kids Karate (all levels)			
RUSHCUTTER'S BAY Click here for map	Contact to make a booking	Contact to make a booking	Contact to make a booking	Contact to make a booking	Contact to make a booking	Contact to make a booking	Contact to make a booking
VAUCLUSE Click here for map	8:15AM Kids Karate (all levels)						

For enquiries, please contact **LYNNE** on 0418 452 262 or **DANIEL** ON 0410 799 816 | www.trifudojo.com.au | info@trifudojo.com.au

Sydney ABC Pool
1c Mrs Macquaries Rd,
The Domain, Sydney

Paddington (Public school)
20 Cambridge St,
Paddington

Bondi Pavilion
Queen Elizabeth Dr,
Bondi Beach

Roseville (Public school)
Cnr Addison &
Archibald Rd,
Roseville

Double Bay (Public school)
William St,
Double Bay

Darlinghurst (Public school)
Womerah Ln,
Potts Point

Vaucluse (Public school)
26 Cambridge St,
Vaucluse

Coogee 97R Brook St,
Coogee

Rushcutter's Bay Park
New South Head Rd,
Darling Point

Cook & Philip
4 College St,
Sydney