

# TRIFU DOJO TIMETABLE 2020



	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
<b>PADDINGTON</b> <a href="#">Click here for map</a>	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	Martial Arts Film Stunts	9:00AM	Kids Karate 1 (beginners)		
	6:00PM	Adults & Teens Karate (beginners)	6:00PM	Adults Karate (beginners)	5:00PM	Mini Ninjas (2-3yrs old)	5:40PM	Kids Karate (all levels)	6:15PM	Adults Martial Arts	9:45AM	Ninjas (2.5-5yrs old)		
	6:45PM	Kickboxing	6:30PM	Fighters Class	5:15PM	Kids Karate 2 (intermediate - advanced)	6:30PM	Adults & Teens Karate (yellow belts - higher)			10:15AM	Kids Karate 2 (intermediate - advanced)		
	7:30PM	Adult & Teens 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 Adults & Teens	7:30PM	Kumite (adults & teens kickboxing - all levels)			11:15AM	Ninjas (2.5-5yrs old)		
					7:15pm	Brazilian Jiu-Jitsu (mixed)	8:00PM	Black Belt Training			11:45AM	Trifu Dojo Star Squad Training		
					8:00PM	Adults MMA (mixed martial arts)								
<b>BONDI PAVILLION</b> <a href="#">Click here for map</a>	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+)						
<b>ABC POOL SYDNEY</b> <a href="#">Click here for map</a>											11:00AM	Adults & Teens Karate	10:00AM	Ninjas (3-5yrs old)
											12:00PM	Ninjas (3-5yrs old)	10:30AM	Kids Karate
											12:30PM	Kids Karate 1 (beginners)	11:15AM	Kids Karate (intermediate - advanced)
											1:15PM	Kids Karate 2 (intermediate - advanced)	12:15PM	Parents & Kids
											2:15PM	Circuit Training (adults & teens - all levels)	12:30PM	Kids Karate
											3:00PM	Fighters Class (adults & teens)	1:00PM	Adults Karate

For enquiries, please contact LYNNE on 0418 452 262 or DANIEL ON 0410 799 816 | [www.trifudojo.com.au](http://www.trifudojo.com.au) | [info@trifudojo.com.au](mailto:info@trifudojo.com.au)

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>DARLINGHURST</b> <a href="#">Click here for map</a>	4:00PM Kids Karate (all levels)						
<b>COOK &amp; PHILIP PARK</b> <a href="#">Click here for map</a>						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	
<b>ROSEVILLE</b> <a href="#">Click here for map</a>			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)				
<b>DOUBLE BAY</b> <a href="#">Click here for map</a>			3:00PM Kids Karate (all levels)	3:00PM Kids Karate (all levels)			
<b>COOGEE</b> <a href="#">Click here for map</a>				3:30PM Kids Karate (all levels)			
				4:15PM Ninjas (3-5yrs old)			
				4:45PM Kids Karate (all levels)			
<b>St. Francis of Assisi</b> <a href="#">Click here for map</a>		3.30pm Kids Karate All ages					
<b>VAUCLUSE</b> <a href="#">Click here for map</a>	8:15AM Kids Karate (all levels)						

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**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**

**St Francis of Assisi**  
64 Gordon St,  
Paddington

**Cook & Philip**  
4 College St,  
Sydney