



## **CHILDREN'S COURSE (09-13 years old)**

Monday - Thursday

**05:30pm-06:30pm**

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## **ADULT COURSES (from 14 years old)**

Monday - Wednesday - Friday

**6:30pm - 7:30pm**

Yellow-Orange-Green belts (5th - 4th - 3rd Kyu)

**7:30pm - 8:30pm**

beginners, white belts (6th Kyu)

**8:30pm - 9:30pm**

Green-Blue-Brown belts (3rd - 2nd - 1st Kyu)

Tuesday - Thursday

**6:30pm - 7:30pm**

Brown belts (1st Kyu)

**7:30pm - 8:30pm**

Black belts

Saturday

**3:00pm - 5:00pm**

free training for brown and black belts