

Bull Close, Norwich								
Day	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
4-30pm		<b>Little Dragons</b> 4 to 6 yrs		<b>Little Dragons</b> 4 to 6 yrs				
5pm		<b>Karate</b> Beginner to Blue belt		<b>Karate</b> Beginner to Blue belt		9-30am	<b>Karate</b> All grades	
6pm	<b>Karate</b> All Grades	<b>Karate</b> Blue stripe belt & above	<b>Kickboxing /ZB Thai</b>	<b>Karate</b> Blue stripe belt & above		10-30 to 11am	<b>Karate</b> Black Belts ONLY.	
7pm	<b>Kickboxing/ ZB Thai</b>	<b>Kickboxing/ ZB Thai</b>	Open Matt training.	<b>Kickboxing</b> all grades		11 to 11-45am	<b>Men's health and mobility</b>	This is NOT a Karate class.

  

The Studio Harleston							Roydon Village Hall	
	Monday	Tuesday	Wednesday	Thursday	Friday			Sunday
4-45 to 5-15pm	<b>Little Trickers</b> 4 to 6 years.		<b>Little Dragons</b> 4 to 6 yrs		<b>Little Dragons</b> 4- 6 yrs		9am	<b>Little Dragons</b> 4 to 6 yrs
5-15 to 6-15pm	<b>Kicks &amp; Tricks</b> 6 yrs and above		<b>Karate</b> Beginner to Blue belt		<b>Karate</b> Beginner to Blue belt		9-30am	<b>Karate</b> Beginner to Blue belt
6-20 to 7-20pm	<b>Karate</b> ALL grade		<b>Karate</b> Blue stripe belt & above		<b>Karate</b> Blue stripe belt & above		10-30am	<b>Karate</b> Blue stripe belt & above
7-30 to 8-30pm	<b>Kickboxing</b> All Grades		<b>7-20pm Karate Black Belts Only</b>	<b>Qigong Slow practise</b>	<b>Women's only Fitness Kickboxing</b>			