Bull Close, Norwich

Day	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
4-30pm		**Little Dragons** 4 to 6 yrs		**Little Dragons** 4 to 6 yrs				
5pm		**Karate** Beginner to Blue belt		**Karate** Beginner to Blue belt		9-30am	**Karate** All grades (including beginners)	
6pm	**Karate** All Grades	**Karate** Blue stripe belt & above	**Urban Thai** (Thai Style Kickboxing) all grades	**Karate** Blue stripe belt & above		10-30am	**Karate** Black Belts only.	
7pm	**Urban Thai** (Thai Style Kickboxing) all grades	**Urban Thai** (Thai Style Kickboxing) all grades		**Urban Thai** (Thai Style Kickboxing) all grades				
8pm								

The Studio Harleston							**Roydon Village Hall**	
	Monday	**Tuesday**	**Wednesday**		**Friday**			**Sunday**
4-30pm	**Tiny Trickers** 4 to 6 yrs		**Little Dragons** 4 to 6 yrs		**Little Dragons** 4-6 yrs		9am	**Little Dragons** 4 to 6 yrs
5-10pm	**Kicks, Tricks, weapons & Flicks** 7 yrs and above		**Karate** Beginner to Blue belt **5:05pm**		**Karate** Beginner to Blue belt		9-30am	**Karate** Beginner to Blue belt
6-15pm	**Karate** ALL grade		**Karate** Blue stripe belt & above **6:10pm**		**Karate** Blue stripe belt & above		10-30am	**Karate** Blue stripe belt & above
7-30pm	**Urban Thai** (Thai Style Kickboxing) all grades	**Karate** over 18 yrs only	**Karate** Black belts Only **7:15pm**		**Ladies ONLY** fitness Kickboxing			