

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 Black belts only	
6pm	Karate All Grades	Karate Blue stripe belt & above	Kickboxing /ZB Thai	Karate Blue stripe belt & above		10-30am Karate All grades	
7pm	Kickboxing/ ZB Thai	Kickboxing/ ZB Thai		Kickboxing all grades			

The Studio Harleston					Roydon Village Hall			
	Monday	Tuesday	Wednesday	Friday			Sunday	
4-30pm			Little Dragons 4 to 6 yrs		Little Dragons 4- 6 yrs		9am Little Dragons 4 to 6 yrs	
5-10pm	Kicks & Flicks 6 yrs and above		Karate Beginner to Blue belt		Karate Beginner to Blue belt		9-30am Karate Beginner to Blue belt	
6-20pm	Karate ALL grade		Karate Blue stripe belt & above		Karate Blue stripe belt & above		10-30am Karate Blue stripe belt & above	
7-30pm	Kickboxing All Grades		7-20pm Karate Black Belts Only					