

The Australian Institute of Karate (Training Schedule) version 3.11H

Location: 2/113 Boundary Rd, Peakhurst, NSW (Opposite Boundary Road Reserve)

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Effective from: 8th February 2010

**The Australian Institute of Karate will be closed from
Saturday 31st July 2010 and will re-open Thursday 12th August 2010**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
Little Dragons General Training 4 – 7 years old 4:00 – 4:30pm	Little Dragons General Training 4 – 7 years old 4:00 – 4:30pm	Little Dragons General Training 4 – 7 years old 4:00 – 4:30pm	Little Dragons General Training 4 – 7 years old 5:00 – 5:30pm	Little Dragons General Training 4 – 7 years old 8:50 – 9:20am
Kids Karate General Training 8 – 12 years old 4:40 – 5:20pm	Kids Karate General Training 8 – 12 years old 4:40 – 5:20pm	Kids Karate General Training 8 – 12 years old 4:40 – 5:20pm	Kids Karate General & Kumite (8 – 12 years old) 5:40 – 6:20pm	Kids Karate General Training 8 – 12 years old 9:30 – 10:10am
Little Dragons General Training 4 – 7 years old 5:30 – 6:00pm		Kids Karate General Training 8 – 12 years old 5:30 – 6:10pm		Family Training Families Only All Ages 10:20 – 11:10am
Teen & Adults General Training 13 years old and up 7:00 – 8:00pm	Teen & Adults General Training 13 years old and up 7:00 – 8:00pm	Kumite Adults/Teens + Kids 6:30 – 7:30pm		Teen & Adults General Training 13 years old and up 11:20 – 12:20pm

Packages:
Basic Plus – 2 Lessons per week
Fast Track – 3-4 Lessons per week
Small Steps – 1 Lesson per week