

TERM 2 2017 TIMETABLE – MONDAY 24th APRIL – SATURDAY 1ST JULY 2017

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY
TIME	MAT 1	MAT 2	MAT 1	MAT 2	MAT 1	MAT 2	MAT 1	MAT 2	MAT 1	MAT 2	MAT 1/2
8:00AM											ADULTS/TEENS ALL LEVELS 50 MINS
9:00AM											KIDS ALL LEVELS 40 MINS
4:30PM	KIDS LEVEL 1 40 MINS	KIDS LEVEL 2 40 MINS	KIDS LEVEL 3 40 MINS	KIDS LEVEL 4 40 MINS	KIDS LEVEL 1 40 MINS	KIDS LEVEL 2 40 MINS	KIDS LEVEL 3 40 MINS	KIDS LEVEL 4 40 MINS			
5:15PM	KIDS SPARRING (BBC only) 30 MINS	–	KIDS LEVEL 1 40 MINS	KIDS LEVEL 2 40 MINS	KIDS SPARRING (BBC only) 30 MINS	–	KIDS LEVEL 1 40 MINS	KIDS LEVEL 2 40 MINS			
5:45PM	KIDS LEVEL 3 40 MINS	KIDS LEVEL 4 40 MINS			KIDS LEVEL 3 40 MINS	KIDS LEVEL 4 40 MINS					
6:00PM			ADULTS/TEENS KENPO ALL LEVELS 1 HOUR	–							
6:30PM	BODYFIT WORKOUT 30 MIN	–			BODYFIT WORKOUT 30 MINS	–	SPARRING SKILLS ADULTS/TEENS KENPO STUDENTS ONLY 45 MINS	–			
7:15PM	ADULTS/TEENS KENPO WHITE – ORANGE BELTS 45 MINS	ADULTS/TEENS KENPO PURPLE- GREEN BELTS 45 MINS			ADULTS/TEENS KENPO WHITE – ORANGE BELTS 45 MIN	ADULTS/TEENS KENPO PURPLE- GREEN BELTS 45 MIN	ADULTS/TEENS KENPO ALL LEVELS 45 MINS	–			
8:00PM	ADULTS KENPO BROWN – BLACK ADULTS & TEEN BLACK BELTS 45 MINS	OPEN MAT WHITE - GREEN			ADULTS KENPO BROWN – BLACK ADULTS & TEEN BLACK BELTS 45 MINS	OPEN MAT WHITE - GREEN					

PLEASE NOTE: WE ARE CLOSED ANZAC DAY PUPILIC HOLIDAY - TUESDAY 25TH APRIL 2017 & QUEENS BIRTHDAY MONDAY 12TH JUNE 2017
(if these are your normal days please make up other classes)

- After School Program members have unlimited access to all relevant classes/programs on their pick up days only.
 - PT & Private Kenpo tuition is an additional and separate program. Booking is essential. Prices are available from Ma'am.
 - BROWN – BLACK BELT ADULTS AND TEEN BLACK BELTS SHOULD PARTICIPATE AND ASSIST IN MONDAY & WEDNESDAY WHITE – GREEN BELT CLASSES
- STUDENTS AND PARENTS PLEASE DOWNLOAD OUR SCHOOL APP AT: <https://kenpo50macarthur.teamapp.com>



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JEFF SPEAKMAN'S KENPO 5.0 – ACHIEVE AFTER SCHOOL PROGRAM - ACHIEVE FITNESS – ACHIEVE PERSONAL TRAINING

