

IKD HONBU (Upper Beaches)

Training Schedule

Effective January 2, 2020

MON:	6:30 PM 7:15- 8:30 PM	DOJO OPENS ADULTS BROWN AND BLACK BELTS
TUE:	5:30 PM 6:00 - 6:45 PM 6:00 - 7:00 PM 7:15 - 8:15 PM	DOJO OPENS CHILDREN 4-6 YEARS CHILDREN 7-12 YEARS ADULTS BEGINNERS/INTERMEDIATE
WED:	6:30 PM 7:15 – 8:30 PM	DOJO OPENS ADULTS BROWN AND BLACK BELTS
THU:	5:30 PM 6:00 – 6:45 PM 6:00 – 7:00 PM 7:15 – 8:15 PM	DOJO OPENS CHILDREN 4-6 YEARS CHILDREN 7-12 YEARS ADULTS BEGINNERS/INTERMEDIATE
FRI:	5:30 PM 6:00 – 7:00 PM 7:15 – 8:30 PM	DOJO OPENS FAMILY CLASSES (PARENTS/CHILDREN) ADULTS BROWN AND BLACK BELTS
SAT:	10:00 AM 10:30 – 11:45 AM 12:00 – 2:00 PM	DOJO OPENS ALL RANKS KUMITE CLASS TOURNAMENT TRAINING