

GOSHIN KARATEDO SENMON GAKKOU DOJO TRAINING SCHEDULE 2016

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Time		9:00am to 10:00am					
Session		S.M.A.R.T DEFENSE Class (Women and Children ≥13yrs)					
Teacher(s)		Sensei Bill					
Time		10:00am to 11:00am					
Session		Mixed KARATE Class (JNR, SNR, Family)					
Teacher(s)		Sensei Bill Shodan Stephanie					
Time		11:00am to 12:30am					
Session		Seniors Class (Ground Defence) (1st Sunday every month) Senior BLACKBELT/Weapons Class (2nd and 4th Sundays)					
Teacher(s)		Shihan Red					
Time							
Session							
Teacher(s)							
Time							
Session							
Teacher(s)							
Time				4:30pm to 5:30pm			
Session				Junior KARATE Class (ages 5 to 12years)			
Teacher(s)				Shihan Red			
Time							
Session							
Teacher(s)							
Time			6:30pm to 7:30pm	6:30pm to 7:30pm	6:30pm to 7:30pm	6:30pm to 7:30pm	
Session			S.M.A.R.T DEFENSE Class (Women and Children ≥13yrs)	Mixed KARATE Class (JNR, SNR, Family)	S.M.A.R.T DEFENSE Class (Women and Children ≥13yrs)	Mixed KARATE Class (JNR, SNR, Family)	
Teacher(s)			Sensei Bill	Kanchō Sensei Bill Nidan Jon	Sensei Bill	Kanchō Sensei Bill Nidan Jon	
Time			7:30pm to 9pm	7:30pm to 9pm	7:30pm to 9pm	7:30pm to 9pm	
Session			KATA and GRADING Class (ages 16 and above)	Senior KARATE Class	KATA and GRADING Class (ages 16 and above)	Senior KARATE Class	
Teacher(s)			Sensei Bill	Kanchō Shihan Red Sensei Bill	Sensei Bill	Kanchō Sensei Bill Nidan Jon	

Classes Coloured in Yellow
require separate payment

Classes Coloured in Green
are included in our
Monthly Training Fees Plan

Classes Coloured in Black require
separate payment