

# Dojo Reception & Cafe Opening Hours;

Monday to Friday 9:45 am - 9:45 pm Saturdays 9:00 am - 12:45 pm

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www.skfkarate.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 am						<b>Fire Fitness</b> All Ages 9:00 am - 9:45 am	
9:30 am							
10:00 am			<b>Fight Club</b> All Levels 10:00 am - 10:45 am	<b>Fight Club</b> Advanced Invite Only		<b>Family Karate</b> All Ages 10:00 am - 10:45 am	
10:30 am							
11:00 am						<b>Self Defence Excellence</b> All Ages 10:50 am - 11:35 am	<b>Dojo Reserved for Events</b>
11:30 am							
12:00 pm						<b>Family Kickboxing</b> All Ages 11:40 am - 12:25 pm	
1:30 pm							
2:00 pm							
4:30 pm	<b>'Mini' Karate Kids</b> 3 to 6 years 4:30 pm - 5:15 pm	<b>Rookie Kids Fight Club</b> 3 to 9 years 4:30 pm - 5:15 pm	<b>'Mini' Karate Kids</b> 3 to 6 years 4:30 pm - 5:15 pm		<b>'Mini' Karate Kids</b> 3 to 6 years 4:30 pm - 5:15 pm		
5:00 pm	Fun Time	Fun Time	Fun Time	Fun Time	Fun Time		
5:30 pm	<b>Karate Kids</b> 5 to 9 years 5:30 pm - 6:15 pm	<b>Rookie Cadets Fight Club</b> 10 to 15 years 5:30 pm - 6:15 pm	<b>Karate Kids</b> 5 to 9 years 5:30 pm - 6:15 pm	<b>Karate Kids</b> 5 to 9 years 5:30 pm - 6:15 pm	<b>Karate Kids</b> 5 to 9 years 5:30 pm - 6:15 pm		
6:00 pm							
6:30 pm	<b>Kata Excellence</b> All Ages 6:20 pm - 7:05 pm	<b>Advanced Cadet Fight Club</b> 6:20 pm - 7:05 pm	<b>Juniors Karate</b> 9 to 13 years 6:20 pm - 7:05 pm	<b>Weapons Forms Excellence</b> All Ages 6:20 pm - 7:05 pm	<b>Juniors Karate</b> 9 to 13 years 6:20 pm - 7:05 pm		
7:00 pm							
7:30 pm	<b>Juniors Karate</b> 9 to 13 years 7:10 pm - 7:55 pm	<b>Fire Fitness</b> All Ages 7:10 pm - 7:55 pm	<b>Adult Kickboxing</b> 13 years + 7:10 pm - 7:55 pm	<b>Juniors Karate</b> 9 to 13 years 7:10 pm - 7:55 pm	<b>Fitness Excellence</b> All Ages 7:10 pm - 7:55 pm		
8:00 pm	<b>Adult Kickboxing</b> 13 years + 8:00 pm - 8:45 pm	<b>Rookie Fight Club</b> Adults 8:00 pm - 8:45 pm	<b>Fitness Excellence</b> 13 years + 8:00 pm - 8:45 pm	<b>Adult Karate</b> 13 years + 8:00 pm - 8:45 pm	<b>Rookie Fight Club</b> Adults & Juniors 8:00 pm - 8:45 pm		
8:30 pm							
9:00 pm	<b>Fire Fitness</b> All Ages 8:45 pm - 9:30 pm	<b>Advanced Fight Club</b> 8:45 pm - 9:30 pm	<b>Ladies Only KickFit</b> 8:45 pm - 9:30 pm	<b>Fitness Excellence</b> 13 years + 8:45 pm - 9:30 pm	<b>Advanced Fight Club</b> 8:45 pm - 9:30 pm		
9:30 pm							

SKF Crawley Cashman's Martial Arts Centre of Excellence Dojo.  
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