

## Codrington Budokan Weekly Time Table

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AIKIDO BEGINNERS & ALL GRADES				1930 - 2030			
AIKIDO INTERMEDIATE & ADVANCED				2030 - 2130			
KARATE 5 – 11 YEARS OLD		1800 - 1900		1800 - 1900		1045 - 1130	
KARATE 11 – 16 YEARS OLD		1800 - 1900		1800 - 1900		1130 - 1230	
WRESTLING	1900-2100		1900-2100				
KARATE ADULTS BEGINNERS & ALL GRADES		1130 - 1230	1800 - 1900	1130 - 1230	1800 - 1900	1230 - 1330	
KARATE ADULTS ADVANCED			1900 - 2000				
THAI BOXING BEGINNERS & ALL GRADES							
BOXERCISE	1800 - 1900			1800 - 1900	1800 - 1900		
CIRCUIT TRAINING							

**Centre Opening Times:**

Monday: 1200 – 2100, Tuesday: 1000 – 2100, Wednesday: 1200 – 2100, Thursday: 1000 – 2100, Friday: 1200 – 2100, Saturday: 1000 – 1500, Sunday: 1000 – 1300.