



**THE  
KARATE  
INSTITUTE**

空手道

# TRAINING SCHEDULE

Effective from Saturday 11 March 2023



達成館

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
<p><b>Kids Karate</b> General Training 8 - 12/13 years old <b>5:15pm - 6:15pm</b></p>	<p><b>Little Dragons</b> General Training 4 - 7 years old <b>5:15pm - 5:45pm</b></p>	<p><b>Little Dragons</b> General Training 4 - 7 years old <b>5:15pm - 5:45pm</b></p>	<p><b>Little Dragons</b> General Training 4 - 7 years old <b>5:15pm - 5:45pm</b></p>	<p><b>Little Dragons</b> General Training 4 - 7 years old <b>8:50am - 9:20am</b></p>
<p><b>Little Dragons</b> General Training 4 - 7 years old <b>6:20pm - 6:50pm</b></p>	<p><b>Kids Karate</b> General Training 8 - 12/13 years old <b>5:50pm - 6:50pm</b></p>	<p><b>Kids Karate</b> General Training 8 - 12/13 years old <b>5:50pm - 6:50pm</b></p>	<p><b>Kids Karate</b> General Training 8 - 12/13 years old <b>5:50pm - 6:50pm</b></p>	<p><b>Kids Karate</b> General Training 8 - 12/13 years old <b>9:30am - 10:30am</b></p>
<p><b>Teen / Adults</b> General Training 13/14 years old &amp; up <b>7:00pm - 8:20pm</b></p>	<p><b>Teen / Adults</b> General Training 13/14 years old &amp; up <b>7:00pm - 8:20pm</b></p>	<p><b>Kumite</b> Tournament Preparation &amp; Sparring Adults / Teens + Kids <b>7:00pm - 8:20pm</b></p>	<p><b>Kobudo</b> Traditional Weapons 13/14 years old &amp; up <b>7:00pm - 8:20pm</b></p>	<p><b>Family + Teen/Adults</b> General Training (Children accompanied by parents) + Teen / Adults <b>10:40am - 12 noon</b></p>

[www.karateinstitute.com.au](http://www.karateinstitute.com.au) | [info@karateinstitute.com.au](mailto:info@karateinstitute.com.au) | 9153 8333

SHOP 2, 113 BOUNDARY RD, PEAKHURST (Opposite the park)