



KSW CLAYGATE
Inspiring lives together

KUK SOOL™ TIMETABLE



AM	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	
09:30	Pad Workout	Adult	Pilates	Yoga		09:00	Beginner All Ages	
10:30	Adult Men				Ladies Self Defence	10:00	Advanced All Ages	
11:30		Adult			Adult	11:00	Intermediate All Ages	
PM	Monday	Tuesday	Wednesday	Thursday	Friday	Afternoon	Available for Birthday Parties	
16:00	Tiny Tigers	Tiny Tigers	Tiny Tigers	Tiny Tigers	Tiny Tigers	Evening	Special Events	
	Tigers	Tigers	Tigers	Tigers	Tigers	Sunday		
17:00	Crane	Crane	Crane	Crane	Crane	09:00	Youth/Adult Sparring	
	(Mini) Mantis	(Mini) Mantis	(Mini) Mantis	(Mini) Mantis	(Mini) Mantis	10:00	Youth/Adult	
18:00	Dragons	Junior Sparring	Dragons	Dragons	Dragons	11:00	Juniors	
			Beginner/Inter Master Class	Black Belt Master Class	Youth/Adult	Afternoon	Available for Birthday Parties	
19:00	Youth/Adult	Open Mat	Beginner/Inter	Youth/Adult	Special Events	16:00	Advanced Master Class	
	Youth/Adult JKN	Pad Workout	Youth/Adult	Youth/Adult JKN				Family
20:00	KSN/PSBN/SBN	Beginner/Inter Youth/Adult	Advanced Youth/Adult	KSN/PSBN/SBN			17:00	Advanced Black Belt
		Advanced Youth/Adult				18:00	Kuk Sool Kobras	
<p>Master Class: Specific Topic Class Open Mat: 13+ drop-in practice (No instruction) Pad Workout: 13+ kicking/striking fitness class Kuk Sool Kobras: Demo Team (Invitation Only) Instructor Training: 1st Thursday of the month (8pm)</p>			<p>Please check out www.kswclaygate.co.uk for calendar, Master Class topics, special events & to book birthday parties</p>				<p>Age Groups Junior: Under 13 Youth: 13-17 Adult: 18+ Belt Groups Beginner: White Belt Intermediate: Yellow Belt to Brown Belt Advanced: DBN/Black Belt</p>	