

Summer 2024 Special Classes with Master James

Mon 22nd July

6pm Jool Bong (Junior)

7pm Jool Bong (Youth/Adult)

Mon 29th July

6pm Staff (Junior)

7pm Staff (Youth/Adult)

Thu 1st Aug

4pm Jool Bong (Junior)

5pm Sword (Junior)

6pm Sword (Youth/Adult)

Thu 8th Aug

4pm Sword (Junior)

5pm Aerial Rolls (All ages)

6pm Jool Bong (Youth/Adult)

Mon 12th Aug

5pm Staff (Junior)

6pm Staff (Youth/Adult)

7pm Sword (Youth/Adult)

Summer 2024 Closure Classes

Mon 19th Aug

6pm Juniors

7pm Youth/Adult

Wed 21st Aug

6pm Juniors

7pm Youth/Adult

Fri 23rd Aug

5pm Juniors

6pm Breakfalls & Acrobatics (all ages & belts)

7pm Youth/Adult

Tues 27th Aug

4pm Juniors

5pm Dragons

6pm Youth/Adult

7pm Youth/Adult Black Belt

Thu 29th Aug

5pm Juniors

6pm Weapons (all age & belts)

7pm Youth/Adult