

CENTRE FOR MARTIAL ARTS & HUMAN DEVELOPMENT INCORPORATED

Off Dacre St, Mitchell ACT 2911

Class Schedule

DAY	TIME	CLASS
Monday	6.30pm – 7.30pm	Under 14s Karate General class for students of all ages and grades
Monday	6.30pm – 8.00pm	Over 14s Karate General class for students of all ages and grades
Tuesday	5.30pm – 6.30pm	Under 14s and beginner adult Karate Class specially designed for children and beginner adults
Tuesday	6.30pm – 8.00pm	Over 14s Karate Class specifically designed for young adults and adults
Wednesday	6.30pm – 7.30pm	Under 14s Karate General class for students of all ages and grades
Wednesday	6.30pm – 8.00pm	Over 14s Karate General class for students of all ages and grades
Thursday	6.30pm – 8.00pm	Senior grade Karate Invite only class restricted to 6th Kyu and above
Thursday	6.30pm – 8.00pm	Kobudo (weapons training) Invite only class - last Thursday of month only
Friday	6.00pm – 7.15pm	All ages Tai Chi Traditional Chen-style Practical Method Taijiquan
Saturday	9.00am – 3.00pm	Lessons by appointment
Sunday	9.00am – 3.00pm	Lessons by appointment