

Practice Schedule

Contributed by Administrator
Thursday, 27 December 2007
Last Updated Sunday, 03 February 2008

General classes

Morning - 6:30 to 8:00 (Monday, Wednesday, Saturday).

Sunday morning class: 7:00 to 8:30.

Evening - 7:30 to 9:00 (Monday to Saturday). Weapons classes (bokken, jo & tanto)

Wednesday 6:20 to 7:30 p.m.

Saturday 8:00 to 9:00 a.m. Beginners classes

6:00 to 7:00 p.m. - Tuesday, Thursday and Saturday Children's classes

Wednesday - 5:00 to 6:10 p.m.

Friday - 5:00 to 6:10 p.m.

Sunday - 9:00 to 10:10 a.m. Meditation Classes (New!)*

Tuesday 7:00 to 7:30 p.m. (Evening)

Sunday 8:30 to 9:00 a.m. (Morning)

*Non-members are also welcome to attend the meditation classes.

Special classes for office executives can be arranged on request. We also provide private tuition.