XEN-DO®
MARTIAL ARTS

BAKER STREET

Basement,
73 Baker Street
London
W1U 6DJ

T: 020 7487 3807
E: baker-street@xen-do.com

www.xen-do.com/timetable

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@Xen_Do
+XenDoMartialArts

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30							
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10.00	Personal Classes	All Grades Class	Personal Classes	All Grades Class	Personal Classes	Personal Classes	Personal Classes
10.30							
11.00		Personal Classes		Personal Classes		Learn to Spar Class	All Grades Class
11.30							
12.00					All Grades Class	Little Champs Class	Teenagers Class
12.30	All Grades Class		All Grades Class			Junior Champs Class	
13.00							Personal Classes
13.30					Personal Classes	All Grades Class	
14.00							
14.30							
15.00	Personal Classes		Personal Classes				
15.30							
16.00							
16.30	Little Champs Class		Little Champs Class				
17.00	Junior Champs		Junior Champs				
17.30							
18.00	All Grades Class	Learn to Spar Class & Teenager Class	All Grades Class	Learn to Spar Class & Teenager Class			
18.30	Intermediate & Senior Class	Beginners Class	Intermediate & Senior Class	Beginners Class			
19.00							
19.30	Beginners Class	Intermediate & Senior Class	Beginners Class	Intermediate & Senior Class			
20.00							
20.30							
21.00							