XEN-DO®
MARTIAL ARTS

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30							
10.00	Personal Classes	Personal Classes	Personal Classes	Personal Classes		Personal Classes	Personal Classes
10.30							
11.00						Learn to Spar	Little Champs
11.30							Junior Champs
12.00						All Grades Class	
12.30	All Grades Class	All Grades Class	All Grades Class	All Grades Class			Senior 7-14 yrs
13.00						Personal Classes	Personal Classes
13.30	Personal Classes		Personal Classes				
14.00		Personal Classes		Personal Classes			
14.30							
15.00							
15.30							
16.00							
16.30		Little Champs		Little Champs			
17.00	Teenagers	Junior Champs	Teenagers	Junior Champs			
17.30							
18.00	All Grades Class	Personal Classes	All Grades Class	Personal Classes			
18.30							
19.00	Beginners	Intermediate & Senior Class	Beginners	Intermediate & Senior Class			
19.30							
20.00	Intermediate & Senior Class	Beginners Class	Intermediate & Senior Class	Beginners Class			
20.30							
21.00							