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 Available at Baker Street Please Call 020 7487 3807	Personal Classes	Personal Classes
10.30							Learn to Spar 10:30-11:15
11.00		All Grades Class 11:00-12:00		All Grades Class 11:00-12:00		All Grades Class 11:00-12:00	
11.30							All Grades Class 11:15-12:15
12.00						Teenagers Class 12:00-12:45	
12.30							Little Champs 12:15-12:45
13.00						Personal Classes	Junior Champs 12:45-1:30
13.30							Junior Champs Advance Belts 1:15-2:00
14.00		Personal Classes		Personal Classes			
14.30							
15.00							
15.30							
16.00							
16.30		Little Champs 16:30-17:00		Little Champs 16:30-17:00			
17.00	Junior Champs Advance Belts 17:00-17:45	Junior Champs 17:00-17:45		Junior Champs 17:00-17:45			
17.30							
18.00	Teenagers Class 17:45-18:30	Junior Champs Advance Belts 17:45-18:30	Teenagers Class 17:45-18:30	Personal Classes			
18.30							
19.00	Beginners Class 18:30-19:30	Intermediate & Senior Class 18:30-19:30	Beginners Class 18:30-19:30	Intermediate & Senior Class 18:30-19:30			
19.30							
20.00	Intermediate & Senior Class 19:30-20:30	Beginners Class 19:30-20:30	Intermediate & Senior Class 19:30-20:30	Beginners Class 19:30-20:30			
20.30							
21.00							