

## ALTERED STATES FITNESS & KARATE

CLASSES / TIMES	2024 KARATE TRAINING SCHEDULE										(UPDATED 01/02/2024)		
	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		
	5.30am	TRAINING TBA	5.30am	TRAINING TBA	5.30am	TRAINING TBA	5.30am	TRAINING TBA	5.30am	TRAINING TBA	5.30am	TRAINING TBA	
	4.00pm to 4.30pm	KU KIDS (4-5 years)	4.00pm to 4.30pm	KU KIDS (4-5 years)	4.00pm to 4.30pm	KU KIDS (4-5 years)	4.00pm to 4.45pm		FROM 4.30pm BY APPOINTMENT	PRIVATE AND INTRODUCTORY LESSONS	9.00am to 9.30am	KU KIDS (4-5 years)	
	4.40pm to 5.25pm	KU SAMURAI's (6-9 years)	4.40pm to 5.25pm	KU SAMURAI's (6-9 years)	4.40pm to 5.25pm	KU SAMURAI's (6-9 years)	4.40pm to 5.25pm	KU SAMURAI's (6-9 years)			9.40am to 10.25am	KU SAMURAI's (6-9 years)	
	4.30pm to 5.15pm	KU SHOGUN's (under 12's)	4.30pm to 5.15pm	KU SHOGUN's (under 12's)	4.30pm to 5.15pm	KU SHOGUN's (under 12's)	4.30pm to 5.15pm	KU SHOGUN's (under 12's)			9.40am to 10.25am	KU SHOGUN's (under 12's)	
	5.30pm to 6.30pm	COMP TRAINING	5.40pm to 6.25pm	TEENS	5.30pm to 6.30pm	COMP TRAINING	5.40pm to 6.25pm	TEENS			10.40am to 11.40am	KOBUDO (weapons)	
	6.30pm to 7.15pm	TEENS	6.30pm to 7.30pm	ADULTS	6.30pm to 7.30pm	ADULTS	6.30pm to 7.30pm	ADULTS					
			6.30pm to 7.30pm	GRAPPLING FUNDAMENTALS			7.30pm to 8.15pm	ADULTS (ADVANCED)					

**MAT 1** – KU KIDS, KU SAMURAI, ADULTS, GRAPPLING

**MAT 2** - KU SHOGUN, COMP TRAINING, TEENS, ADULTS

*“Inspiring a generation to see themselves as Strong, Confident & Capable”*