

ALTERED STATES FITNESS & KARATE

CLASS TIMES	2026 KARATE TRAINING SCHEDULE											(UPDATED August 2026)	
	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		
	TBA	TRAINING TBA	TBA	TRAINING TBA	TBA	TRAINING TBA	TBA	TRAINING TBA	TBA	TRAINING TBA	TBA	TRAINING TBA	
											9.00am to 9.30am	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 4.30pm	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)	9.35am to 10.25am	KU SAMURAI's (6-9 years)	
	4.35pm to 5.25pm	KU SAMURAI's (6-9 years)	4.35pm to 5.25pm	KU SAMURAI's (6-9 years)	4.35pm to 5.25pm	KU SAMURAI's (6-9 years)	4.35pm to 5.25pm	KU SAMURAI's (6-9 years)	4.35pm to 5.25pm	KU SAMURAI's (6-9 years)	9.35am to 10.25am	KU SHOGUN's (under 12's)	
	4.35pm to 5.25pm	KU SHOGUN's (under 12's)	4.35pm to 5.25pm	KU SHOGUN's (under 12's)	4.35pm to 5.25pm	KU SHOGUN's (under 12's)	4.35pm to 5.25pm	KU SHOGUN's (under 12's)	4.35pm to 5.25pm	KU SHOGUN's (under 12's)	10.30am to 11.30am	KOBUDO (weapons)	
	5.30pm to 6.30pm	TEENS	5.30pm to 6.30pm	TEENS	5.30pm to 6.30pm	FUNDAMENTAL GRAPPLING	5.30pm to 6.30pm	TEENS					
			6.30pm to 8.00pm	ADULTS	5.30pm to 6.30pm	COMPETITION PREPARATION	6.30pm to 8.00pm	ADULTS					
				6.30pm to 8.00pm	ADULTS								

"inspiring a generation to see themselves as Strong, Confident & Capable"