

ALTERED STATES FITNESS & KARATE

| 2026 KARATE TRAINING SCHEDULE (UPDATED May 2026) | | | | | | | | | | | |
|---|-----------------------------|------------------------|-----------------------------|-------------------------|-----------------------------|------------------------|-----------------------------|------------------------|-----------------------------|--------------------------|---|
| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | SATURDAY | |
| TBA | TRAINING TBA | TBA | TRAINING TBA | 9.30am to 10.00am | DROP BEARS (2-3 years) | 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 | | | 3.00pm to 4.00pm | AWARE AND PREPARED Women's Self-Defence Short Courses |
| | | 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 | | | | | | |

CLASS TIMES

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