

ADULT CLASS TIMES

✓ Monday 7.00pm to 9.00pm	Knareborough H C	Mixed Grade
✓ Tuesday 7.00pm to 8.00pm	Knareborough H C	Mixed Grade
✓ Tuesday 8.00pm to 9.00pm	Knareborough H C	3 rd Kyu & Above
✓ Wednesday 7.00pm to 8.30pm	Knareborough H C	From Wednesday 23 rd May
✓ Thursday 7.00pm to 9.00pm	Knareborough H C	Mixed Grade
✓ Saturday 3.00pm to 5.00pm	Knareborough H C	Mixed Grade

NINJA'S AND TIGERS CLASSES

✓ Tuesday 6.00pm to 7.00pm	Knareborough H C	9 th Kyu's
✓ Wednesday 6.00pm to 7.00pm	Knareborough H C	Mixed Grades (5-7 yrs)
✓ Thursday 6.00pm to 7.00pm	Knareborough H C	10 th Kyu's (5-7 yrs)
✓ Thursday 7.00pm to 8.30pm	Knareborough H C	10 th Kyu's (8-11 yrs)
✓ Saturday 3.00pm to 4.30pm	Knareborough H C	10 th Kyu's (8-11 yrs)

New beginners class for adults commencing Tuesday 11th September 7.00pm to 8.00pm at the Knareborough Health Club

New Children welcome Wednesday or Thursday 6.00pm to 7.00pm at the Knareborough H C
Contact us via mail anne@miraidojo.com using the contact form on the web site or telephone 0771 675 8918