



CANBERRA

MARTIAL ARTS
& FITNESS

WODEN

Timetable - Adults

From Saturday 7th October 2023

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Mat 1 (L)	Mat 2 (R)	Mat 1 (L)	Mat 2 (R)	Mat 1 (L)	Mat 2 (R)	Mat 1 (L)	Mat 2 (R)	Mat 1 (L)	Mat 2 (R)	Mat 1 (L)	Mat 2 (R)
8:15											
8:30											
8:45											
9:00											
9:15											
9:30											
9:45											
10:00											
10:15											
10:30											
10:45											
11:00											
11:15											
11:30											
11:45											
12:00											
12:15											
12:30											
12:45											
13:00											
13:15											
13:30											
16:45											
17:00											
17:15											
17:30											
17:45											
18:00	TAEKWONDO 18:05-19:00										
18:15											
18:30											
18:45											
19:00											
19:15											
19:30	EPIC BJJ 19:05-20:30										
19:45											
20:00											
20:15											
20:30											

Open Mat Sessions - Non-instructor lead, bring a friend