

Welcome back, our hours of operation are as follows:-

Monday— 6:15 - 7:15 pm— All Levels

7:30 - 8:30 pm - Brown/Black

Tuesday— 10:00 - 11:00 am, - All levels

6:15 - 7:15—Children

7:30 - 8:30 pm All levels

Wednesday - 6:15 - 7:15 pm—All levels

7:30 - 8:30 pm - Brown/Black

Thursday— 10:00 - 11:00 am, - All level

6:15 - 7:15—Children

7:30 - 8:30 pm –All levels

Friday— closed

Saturday— 10:00 - 11:00 am - W/Y/O Belts, (All welcome)

11:15 - 12:30 pm - All levels

Sunday— closed - special training only

