



Judo International Training Schedule

204 Balcatta Road, Balcatta WA 6021

0404 583 220

www.judointernational.com

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM		Open Fitness Circuit 6:15 - 8:15		Open Fitness Circuit 6:15 - 8:15			
7:00 AM							
8:00 AM							
9:00 AM		Adult Beginners 9:00 - 9:45					
10:00 AM							
11:00 AM						Judo Tots 3-4 yrs 11:30 - 12:15	
12:00 AM						Junior Kids 5-10yrs 12:30 - 1:30	
1:00 PM						Senior Kids +10yrs 1:30 - 3:00	
2:00 PM							
3:00 PM						Adults 3:00 - 4:30	
4:00 PM	Junior Kids 5-10yrs 4:00 - 5:00	Judo Tots 3-4 yrs 4:15 - 5:00	Junior Kids 5-10yrs 4:00 - 5:00	Judo Tots 3-4 yrs 4:15 - 5:00			
5:00 PM	Senior Kids +10yrs 5:00 - 6:30	Junior Kids 5-10yrs 5:15 - 6:15	Senior Kids +10yrs 5:00 - 6:30	Junior Kids 5-10yrs 5:15 - 6:15			
6:00 PM	Cadet Traansition 6:30-7:15	Adult Beginners 6:30-7:15	Cadet Transition 6:30-7:15	Adult Beginners 6:30-7:15			
7:00 PM	Adults 7:15-8:45	Adults Groundwork 7:00 - 8:00	Adults 7:15-8:45	Adults Groundwork 7:00 - 8:00			
8:00 PM		Open Mat 8:00 - 8:30		Open Mat 8:00 - 8:30			