

Sussex Karate Burgess Hill dojo training times.

Monday	15.45-16.30	17.00-18.00	18.45-19.15		19.15-20.15
	Karate 4 to 7 Years	Karate Above 7 to 16 Years	Weapons Up Stairs	Sensei Adam Fitness Down Stairs	Adults

Tuesday	16.00-16.45	17.00-18.00
	Karate 4 to 7 Years	Karate Above 7 to 16 Years

Wednesday	15.45-16.30	17.00-18.00	18.45-19.15	19.15-20.15
	Karate 4 to 7 Years	Karate Above 7 to 16 Years	Weapons	Adults

Thursday	16.00-16.45	17.00-18.00
	Karate 4 to 7 Years	Karate Above 7 to 16 Years

Friday	15.45-16.30	17.00-18.00	18.45-19.15	19.15-20.15
	Karate 4 to 7 Years	Karate Above 7 to 16 Years	Weapons	Adults

Saturday	9.00-10.00		10.30-11.30		
	Karate 4 to 7 Years	Mixed juniors up Blue	Mixed juniors over Blue		Weapons Pre Booked