



## Seido Juku Geelong Timetable

<b>Tuesday</b>	<b>6.30 pm - 7.15 pm</b>	<b>Beginners</b>
	<b>6.30 pm - 7.30 pm</b>	<b>Blue/Yellow</b>
	<b>6.30 pm - 7.30 pm</b>	<b>Green/Brown</b>
	<b>7.30 pm - 8.00pm</b>	<b>General Sparring</b>
<b>Wednesday</b>	<b>6.30 pm - 7.30 pm</b>	<b>General Class for all belts including Beginners</b>
	<b>7.00 pm - 7.20pm</b>	<b>Meditation - 1st Wed of every month</b>
	<b>7.30 pm - 8.30pm</b>	<b>Black Belt Class **</b>
		<b>**Week 1, 2, 3 All Belts</b>
		<b>**Week 4 Sandan &amp; above</b>
		<b>**Week 5 General Black Belt Training</b>
<b>Thursday</b>	<b>6.30 pm - 7.30 pm</b>	<b>General Class for all belts including Beginners</b>
	<b>7.30 pm - 8.00pm</b>	<b>Conditioning</b>
<b>Friday</b>	<b>7.00 pm - 8.00pm</b>	<b>Black Belt Class - Sandan &amp; above</b>