



## Seido Juku Geelong Timetable

<b>Tuesday</b>	<b>6.30 pm - 7.15 pm</b> <b>7.30 pm - 8.00pm</b>	<b>General Class for all belts including Beginners</b> <b>General Sparring</b>
<b>Wednesday</b>	<b>6.30 pm - 7.30 pm</b> <b>7.00 pm - 7.20pm</b> <b>7.30 pm - 8.30pm</b>	<b>General Class for all belts including Beginners</b> <b>Meditation - 1st Wed of every month</b> <b>Black Belt Class</b>
<b>Thursday</b>	<b>6.30 pm - 7.30 pm</b> <b>7.30 pm - 8.00pm</b>	<b>General Class for all belts including Beginners</b> <b>Conditioning</b>

