Schedule SHOGUN DOJO Smithers - Sep. 3rd 2024 - Jun. 24th 2025

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Time	Monday	Time	Tuesday	Time	Wednesday	Time	Thursday	Time	Friday	Saturday
		12:15 - 12:50pm	POWER HOUSE	12:15-1:15pm	WOMEN'S KICKBOXING	12:15-12:50pm	POWER HOUSE			TEAM TRAINING (By invitation only) DRILLS/ KATA 10:00 am SPARRING 10:45 am
3:30-4pm	JEDI Kids (4-6 yrs)	3:30-4:15pm	KARATE Kids (7-12yr) purple-black	3:30-4pm	JEDI Kids (4-6 yrs)	3:30-4:15pm	KARATE Kids (7-12yr) purple-black			
4:00-4:45pm	KARATE KIDS (7-12yr) white-orange	4:15 - 5:00pm	KARATE Kids (7-12yr) red-green	4:00-4:45pm	KARATE KIDS (7-12yr) white-orange	4:15-5:00pm	KARATE Kids (7-12yr) red-green			
4:45-5:30pm	KARATE KIDS (7-12yr) white-orange	5:00-5:45pm	KIDS (7-12yr) SPORT Karate & Kickboxing	4:45-5:30pm	KARATE KIDS (7-12yr) white-orange	5:00-5:45pm	KIDS (7-12yr) SPORT Karate & Kickboxing			
5:35 - 6:05pm	POWER HOUSE	5:45-6:20pm	POWER HOUSE	5:35 - 6:05pm	POWER HOUSE	5:45-6:20pm	POWER HOUSE			
6:15-7:15pm	KARATE Y&A Inter. & Adv.	6:20-7.15pm	KARATE Y&A Beg. & Inter.	6:15-7:15pm	KARATE Y&A Inter. & Adv.	6:20-7:15pm	KARATE Y&A Beg. & Inter.			
7:15-8:15pm	Sport Karate/ KICKBOXING	7:15-8:15pm	Youth/Adult 13yr+ SELF DEFENCE	7:15-8:15pm	Sport Karate/ KICKBOXING	7:15-8:15pm	Youth/Adult 13yr+ SELF DEFENCE			