

# SENSEI CLASS TIMEABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>OPEN GYM</b> 12:00 - 14:30	<b>OPEN GYM</b> 12:00 - 14:30	<b>OPEN GYM</b> 12:00 - 14:30		<b>OPEN GYM</b> 12:00 - 14:30	<b>DINKY DOJO</b> Kids (age 4-7) 09:00 - 09:30
<b>DINKY DOJO</b> Kids (age 4-7) 15:30 - 16:00		<b>DINKY DOJO</b> Kids (age 4-7) 15:30 - 16:00		<b>DINKY DOJO</b> (Age 4-7) 15:30 - 16:00	<b>JUNIOR MMA</b> Kids (age 7-14) 09:45 - 10:30
<b>DINKY DOJO</b> Kids (age 4-7) 16:15 - 16:45	<b>JUNIOR JITSU</b> Kids (age 7-14) 17:45 - 18:30	<b>DINKY DOJO</b> Kids (age 4-7) 16:15 - 16:45	<b>JUNIOR JITSU</b> Kids (age 7-14) 17:45 - 18:30	<b>DINKY DOJO</b> (Age 4-7) 16:15 - 16:45	<b>ADULT MMA</b> Adults (age 14+) 10:45 - 11:45
<b>JUNIOR MMA</b> Kids (age 7-14) 17:00 - 17:45	<b>ADULT BJJ</b> Adults (age 14+) 18:45 - 19:45	<b>JUNIOR MMA</b> Kids (age 7-14) 17:00 - 17:45	<b>ADULT BJJ</b> Adults (age 14+) 18:45 - 19:45	<b>JUNIOR MMA</b> Kids (age 7-14) 17:00 - 17:45	
<b>ADULT MMA</b> Adults (age 14+) 18:00 - 19:00		<b>ADULT MMA</b> Adults (age 14+) 18:00 - 19:00		<b>ADULT MMA</b> Adults (age 14+) 18:00 - 19:00	
<b>ADULT MMA</b> Adults (age 14+) 19:15 - 20:15		<b>ADULT MMA</b> Adults (age 14+) 19:15 - 20:15		<b>ADULT MMA</b> Adults (age 14+) 19:15 - 20:15	

**TO BOOK A SESSION**

**VISIT: [WWW.SENSEIONLINE.CO.UK](http://WWW.SENSEIONLINE.CO.UK)**

**OR CALL: 07984 577688**