

# Virtual Karate Classes

SUMMER 2020 Term dates:

27 April to 10 July 2020

Half term (no weekly karate classes): 25 - 31 May 2020

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY		
10 - 11.00am	FSKA Kew Woman 1	Instructor as before	10 - 11.00am	COMBATIVE FITNESS	Stefan FREE	8.30 - 9.30	Instructor Training	Instructors	10 - 11.00am	STRETCHING /FLEXIBILITY	Simona FREE				10:00-11:00pm	Kumite Open Class	Stefan FREE
10.30 - 11am	Pee-Wee 1 (parent and child)	Sensei Mariya				10 - 11.00am	FSKA Kew Woman 2	Instructor as before							10 - 11am	Adult/Teenager Beginner (white belts only)	Instructor as before
						10.30 - 11am	Pee-Wee 5 (parent and child)	Sensei Simona				1.30 - 2pm	Knightsbridge School (Pee-Wee)	Instructor as before	11.15am - 12.15pm	Beginner Under 10/White belt up to Green Stripe	Instructor as before
						11.30 - 12.30m	RED/WHITE +WHITE 3	Instructor as before				2.40 - 3.10pm	Square Belgravia Nursery	Instructor as before	11.15 - 11.45am	Pee-Wee	Sensei Simona
4.10 - 5.10pm	RED 1	Instructor as before	3.30 - 4pm	Pee-Wee	Sensei Simona				4 - 4.45pm	Eaton Eccleston Square YEAR 1	Sensei Stefan	2.40 - 3.10pm	Pee-Wee Eaton Pimlico Nursery	Instructor as before	11.30am - 12.30pm	Sempai instructors class	Instructor as before
4.10 - 5.10pm	YELLOW 1	Instructor as before	4.10 - 5.10pm	YELLOW 2	Instructor as before	4.10 - 5.10pm	RED 2	Instructor as before	4.10 - 5.10pm	BLUE 3	Instructor as before	2.40 - 3.10pm	PWK Eaton Knightsbridge Nurs.	Instructor as before			
4.10 - 5.10pm	ORANGE 1	Instructor as before	4.10 - 5.10pm	ORANGE 2	Instructor as before	4.10 - 5.10pm	ORANGE 3	Instructor as before	4.30 - 5pm	Pee-Wee 7 (parent and child)	Sensei Jonathan	2.40 - 3.10pm	Eccleston Square Reception	Instructor as before	2 - 3pm	Junior Squad 1A	Sensei Stefan
4.10 - 5.10pm	BLUE 3	Instructor as before	4.10 - 5.10pm	GREEN 1	Instructor as before	4.30 - 5.30pm	GREEN 2	Instructor as before	4.30 - 5pm	GREEN 3	Instructor as before	3.15 - 3.45pm	Square Eccleston Square Nursery	Instructor as before	2 - 3pm	Junior Squad 1B	Sensei De Wet
			4.30 - 5.30pm	BROWN 2 A	Sensei Mariya	4.30 - 5.30pm	BROWN 3 A	Sensei Mariya	4.30 - 5.30pm	GREEN 3	Instructor as before				3.30 - 4.30pm	Senior Squad	Sensei Simona
5.30 - 6.30pm	PURPLE 1	Instructor as before							5 - 6pm	YELLOW 3	Instructor as before	4.30 - 5.30pm	YELLOW 4	Instructor as before			
5.30 - 6.30pm	PURPLE/STRIPE 1A	Instructor as before	5.30 - 6.30pm	GREEN/STRIPE 1	Instructor as before	5.30 - 6.30pm	PURPLE 3	Instructor as before	5.30 - 6.30pm	GREEN/STRIPE 2	Instructor as before	4.30 - 5.30pm	PURPLE/STRIPE 2A	Instructor as before			
5.30 - 6.30pm	PURPLE/STRIPE 1B	Instructor as before	5.30 - 6.30pm	PURPLE 2	Instructor as before	5.30 - 6.30pm	BROWN 3 B	Sensei Simona				4.30 - 5.30pm	PURPLE/STRIPE 2B	Instructor as before			
5.30 - 6.30pm	BROWN 1 A	Sensei De Wet	5.30 - 6.30pm	BROWN 2 B	sensei Stefan				6 - 7pm	BROWN 4 B	Sensei Mariya				6 - 7pm	FUTURE BLACK BELTS 2021 B	Sensei Mariya
5.30 - 6.30pm	BROWN 1 B	Simona							6 - 7pm	FUTURE BB 2020 B	Sensei De Wet	6 - 7pm	BLACK BELTS 2	Sensei De Wet			
									6 - 7pm	FUTURE BB 2020 A	Sensei Mariya	6 .15 - 7.15pm	FUTURE BB 2021 A	Sensei Stefan	6 - 7pm	Future NIDAN 2020	Sensei Simona
			6 - 7pm	FUTURE BB 2020 B	Sensei Mariya	6 - 7pm	BLACK BELTS 1	Sensei De Wet	6 - 7pm	BLACK BELTS 2	Sensei Stefan	6.45 - 7.45pm	BROWN 4 A	Sensei Matheus			
7 - 8pm	FUTURE BB 2020 A	Sensei Mariya							7 - 8pm	FUTURE BB 2021 A	Sensei Stefan						
7 - 8pm	BLACK BELTS 1	Sensei De Wet	7 - 8pm	BLACK BELTS 2	Sensei De Wet	7 - 8pm	FUTURE BLACK BELTS 2021 B	Sensei Simona									
7 - 8pm	Future NIDAN 2020	Sensei Simona															

