



# KANSAI *Karate* ACADEMY

## SUMNER PARK & SPRINGFIELD ADULT TIMETABLE

### SUMNER PARK KARATE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY (AM)	SATURDAY
<b>BEGINNER/NOVICE</b>	7.45-8.30	6.15-7.00	6.45-7.30	6.15-7.00	---	11.45-12.30
<b>INTERMEDIATE</b>	7.45-8.30	6.15-7.00	6.45-7.30	6.15-7.00	---	11.45-12.30
<b>ADVANCED</b>	6.45-7.45	7.45-8.45	6.45-7.30	7.00-8.00	---	11.45-12.30
<b>KATA</b>	---	7.00-7.45	---	---	---	---
<b>KUMITE</b>	---	---	7.30	---	---	---

***Private Lessons available by appointment day and night.***

### EXTRA PROGRAMS

<b>FITNESS KICKBOXING</b>	---	6.15-7.00	---	6.15-7.00	---	---
<b>METAFIT/METAPOWER</b>	6.00-6.45 <i>MetaFit</i>	---	---	---	---	11.00-11.45 <i>MetaPower</i>
<b>ELITE KATA</b> <i>(Invitation Only)</i>	---	7.00-7.45	---	---	---	---
<b>ELITE KUMITE</b> <i>(Invitation Only)</i>	---	---	---	---	---	11.45-1.00

***Personal Training available by appointment any time.***

### SPRINGFIELD KARATE

<b>SPRINGFIELD ADULT - B/N - INT</b>	7.45-8.30	---	7.00-7.45	---	---	11.30-12.15
<b>SPRINGFIELD ADULT - ADVANCED</b>	7.00-7.45	---	7.00-7.45	---	---	11.30-12.15

### PUBLIC HOLIDAYS – NO CLASSES

**Managing Director and Chief Instructor:** Shihan Stephen Kelly, 7<sup>th</sup> Dan Tasshi  
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