

Monday	Level	Type	Instructor
9.30am – 10.30am	Intermediate	Matwork	Rosie
11.00am – 12.00pm	Late Beginners	Matwork	Rosie
2.00pm – 3.00pm	Intermediate	Matwork	Jo
6.00pm – 7.00pm	Late Beginners	Matwork	Rosie
7.15pm – 8.15pm	Intermediate	Matwork	Rosie
Tuesday	Level	Type	Instructor
9.30am – 10.30am	Garuda	Matwork	Skeena
9.30am -1.00pm	Private session/1:1		Karen or Jo
2.00pm – 3.00pm	Beginners	Matwork	Karen
5.30pm – 6.30pm	Intermediate	Matwork	Jo
7.15pm – 8.15pm	Beginners	Matwork	Skeena
Wednesday	Level	Type	Instructor
8.00am – 9.15am	Private session or Physiotherapy		Rosie
9.30am – 10.30am	Intermediate	Matwork	Rosie
11.00am – 12.00pm	Older persons	Matwork	Rosie
6.00pm – 7.00pm	Beginners/backpain	Matwork	Rosie
7.15pm – 8.15pm	Intermediate	Matwork	Rosie
Thursday	Level	Type	Instructor
9.30am – 10.30am	Late Beginners	Matwork	Louise
10.45am – 11.45am	Beginners	Matwork	Louise
6.00pm – 7.00pm	Intermediate	Matwork	Jo
7.15pm – 8.15pm	Intermediate/Advanced	Matwork	Jo
Friday	Level	Type	Instructor
8.00am – 12.30pm	Private session or Physiotherapy		Rosie or Jo
9.30am – 10.30am	Intermediate	Matwork	Jo
11.00am – 12.00pm	Beginners	Matwork	Karen
Saturday	Level	Type	Instructor
9.30am – 10.30am	Garuda	Matwork	Skeena