



**Lanarkshire Karate Academy - 82 Stirling Street, Airdrie, ML6 0AS**

**2020 TRAINING SCHEDULE**

Day	Time	Description	Age
<b>Monday</b>	5.00 - 5.45pm	Beginners/ Kids class	Kids Class (9yrs & below)
	6.00 - 7.00pm	Mixed class	All ages (Adults & Kids 10yrs+)
	7.00 - 8.00pm	Competition training	Selected students only
	8.20 - 9.00pm	LKA FITNESS	Age 14yrs +
<b>Wednesday</b>	5.00 - 5.45pm	Beginners/ Kids class	Kids Class (9yrs & below)
	6.00 - 7.00pm	Mixed class	All ages (Adults & Kids 10yrs+)
	7.00 - 8.00pm	Competition training	Selected students only
	8.20 - 9.00pm	LKA FITNESS	Age 14yrs +
<b>Thursday</b>	5.00 - 5.45pm	Beginners/ Kids class	Kids Class (9yrs & below)
	6.00 - 7.00pm	Kata Only	All ages (Adults & Kids 10yrs+)
	7.00 - 8.00pm	Brown & Black belt training	Brown & black belts only
<b>Friday</b>	6.00 - 8.00pm	Competition squad	Invitation only
<b>Saturday</b>	10.00 - 10.45pm	Beginners/ Kids class	Kids Class (9yrs & below)
	11.00 - 12.00pm	Mixed class	All ages (Adults & Kids 10yrs+)
	12.00 - 1.00pm	Competition training	Selected students only

**Children from 4yrs & above**

**FREE TRIAL LESSON**

**FEEL FREE TO COME ALONG OR CONTACT BELOW..**

*lanarkshirekarateacademy@gmail.com*

07718651271

*facebook.com/lanarkshirekarateacademy*

*www.lanarkshirekarateacademy.co.uk*