

Dojo Reception & Cafe Opening Hours;

Monday to Friday 9:45 am - 9:45 pm Saturdays 9:00 am - 12:45 pm

Telephone: 01293 532127

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info@skfkarate.com

www.skfkarate.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 am						Family Karate All Ages 9:00 am - 09:45 am	
9:30 am							
10:00 am	Ladies Only KickFit	Run Club Tuesday	Fight Club All Levels	Fight Club Advanced Invite Only	Ladies Only Supervising Instructor	Family Karate All Ages 10:00 am - 10:45 am	Dojo Reserved for Events
10:30 am	10:00 am - 10:45 am	10:00 am - 10:45 am	10:00 am - 10:45 am			Open Gym 10:00 am - 12:00 pm	
11:00 am						Family Kickboxing All Ages 11:40 am - 12:25 pm	
11:30 am							
12:00 pm							
1:30 pm							
2:00 pm							
4:30 pm	'Mini' Karate Kids 4 to 6 years 4:30 pm - 5:15 pm	Rookie Kids Fight Club 4 to 9 years 4:30 pm - 5:15 pm	'Mini' Karate Kids 4 to 6 years 4:30 pm - 5:15 pm		'Mini' Karate Kids 4 to 6 years 4:30 pm - 5:15 pm		
5:00 pm	Fun Time	Fun Time	Fun Time	Fun Time	Fun Time		
5:30 pm	Karate Kids 5 to 9 years 5:30 pm - 6:15 pm	Rookie Cadets Fight Club 10 to 15 years 5:30 pm - 6:15 pm	Karate Kids 5 to 9 years 5:30 pm - 6:15 pm	Karate Kids 5 to 9 years 5:30 pm - 6:15 pm	Karate Kids 5 to 9 years 5:30 pm - 6:15 pm		
6:00 pm							
6:30 pm	Kata Excellence All Ages 6:20 pm - 7:05 pm	Advanced Cadet Fight Club 6:20 pm - 7:05 pm	Juniors Karate 9 to 13 years 6:20 pm - 7:05 pm	Weapons Forms Excellence All Ages 6:20 pm - 7:05 pm	Juniors Karate 9 to 13 years 6:20 pm - 7:05 pm		
7:00 pm							
7:30 pm	Juniors Karate 9 to 13 years 7:10 pm - 7:55 pm	Fitness Excellence All Ages 7:10 pm - 7:55 pm	Adult Kickboxing 13 years + 7:10 pm - 7:55 pm	Juniors Karate 9 to 13 years 7:10 pm - 7:55 pm	Fitness Excellence All Ages 7:10 pm - 7:55 pm		
8:00 pm	Adult Kickboxing 13 years + 8:00 pm - 8:45 pm	Rookie Fight Club Adults 8:00 pm - 8:45 pm	Fitness Excellence 13 years + 8:00 pm - 8:45 pm	Adult Karate 13 years + 8:00 pm - 8:45 pm	Rookie Fight Club Adults & Juniors 8:00 pm - 8:45 pm		
8:30 pm							
9:00 pm	Fitness Excellence 13 years + 8:45 pm - 9:30 pm	Advanced Fight Club 8:45 pm - 9:30 pm	Ladies Only KickFit 8:45 pm - 9:30 pm	Open Tatami Kata & Fitness 8:45 pm - 9:30 pm	Advanced Fight Club 8:45 pm - 9:30 pm		
9:30 pm							

SKF Crawley Cashman's Martial Arts Centre of Excellence Dojo.
Unit 15 Pelham Court Business Centre,
Pelham Place, Broadfield, Crawley, West Sussex, RH11 9SH.