



**SHUKOKAI KARATE  
DOJOS**

*Confidence for Life*

**Shukokai Karate Dojos  
Pakenham and Narre Warren  
Training Timetable Juniors & Adults**

<b>Monday</b>	<b>Tuesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Narre Warren</b>	<b>Pakenham</b>	<b>Pakenham</b>	<b>Narre Warren</b>	<b>Pakenham</b>
White - Provisional Purple 5:15- 6:00pm	White / Red Belts 5:30- 6:15pm	White / Red Belts 5:30- 6:15pm	White - Provisional Purple 5:15- 6:00pm	White / Red Belts 9:30 - 10:15am
Purple + Belts 5:15-6:15pm	Yellow + Belts 6:15 - 7:00pm	Yellow + Belts 6:15 - 7:00pm	Purple + Belts 5:15-6:15pm	Yellow + Belts 10:15 - 11:00am
Teens / Adults 6:30-7:30pm	Teens / Adults 7:00 - 8:00pm	Teens / Adults 7:00 - 8:00pm	Teens / Adults 6:30-7:30pm	Teens / Adults 11:00-12:00pm



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