

SENTORYU MARTIAL ARTS

Family Karate and
Women Only
Self-defence Classes



Timetable

Public Classes

Tuesday – 6 – 7pm – Family Class - Alec Hunter Academy

7.15 – 8.30pm – Tuesday Night Special Class - Alec Hunter Academy

(These classes change each week. Info available from your instructors. They include Women Only Self Defence, Green and Blue Belts only, Red Belts and above only, Tournament classes)

Wednesday - 6 – 7pm – Family Class - Alec Hunter Academy

7.15 – 8.30pm – Advance Class – Alec Hunter Academy

Friday - 6 – 7pm – Family Class - Alec Hunter Academy

7.15 – 8.30pm – Advance Class – Alec Hunter Academy

Saturday – 9.30 – 11am – Family Class – John Ray Juniors

School Club Classes

Monday – After School – 4:15pm – Great Bradfords Infants

Tuesday – After School - 4:15pm – John Ray Juniors

Wednesday – After School – 4:15pm – John Ray Infants

Thursday – After School - 4:15pm – White Notley Primary

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**Two
Week
FREE
Trial**

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