



TKF Zoom Timetable (See more info below)

MONDAY	Lower Grade Class (White, Orange, Red Belts) 1pm-1:45pm https://zoom.us/j/624431225	Inter. Grade Class (Yellow to Purple/White Belt) 5pm-6pm https://zoom.us/j/269259282	Higher Grade Class (Brown Belt +) 6:15pm-7:15pm https://zoom.us/j/752663044
TUESDAY	General Karate Class (ALL GRADES) 1pm-2pm https://zoom.us/j/624431225	Lower & Inter Grade Class (White to Purple/White Belt) 5pm-6pm https://zoom.us/j/269259282	Higher Grade Class (Brown Belt +) 6:15pm-7:15pm https://zoom.us/j/752663044
WEDNESDAY	Little Ninja Class (ALL GRADES) 1pm-1:30pm https://zoom.us/j/624431225	Lower & Inter Grade Class (White to Purple/White Belt) 5pm-6pm https://zoom.us/j/269259282	Higher Grade Class (Brown Belt +) 6:15pm-7:15pm https://zoom.us/j/752663044
THURSDAY	Lower Grade Class (White, Orange, Red Belts) 1pm-1:45pm https://zoom.us/j/624431225	Inter & Higher Grade Class (Yellow to Black Belt) 5pm-6pm https://zoom.us/j/269259282	Adult Only Class (14 Years +) (ALL GRADES) 6:15pm-7:15pm https://zoom.us/j/752663044
FRIDAY	General Karate Class (ALL GRADES) 1pm-2pm https://zoom.us/j/624431225	Lower & Inter Grade Class (White to Purple/White Belt) 5pm-6pm https://zoom.us/j/269259282	Higher Grade Class (Brown Belt +) 6:15pm-7:15pm https://zoom.us/j/752663044
SATURDAY	Little Ninja Class (ALL GRADES) 9:30am-10am https://zoom.us/j/528958432	General Karate Class (ALL GRADES) 10:30am-11:30am https://zoom.us/j/755691939	Adult Only Class (14 Years +) (ALL GRADES) 11:45am-12:45pm https://zoom.us/j/96982395722

- Classes are specified to suit specific grades needs and content during the Zoom Meetings. ALL classes are open to ALL grades if you wish to participate in these classes. There is no restriction to training in any session apart from the Adult Only Classes which is for 14 years +.
- Little Ninja Classes are now available. Lower Grade classes may also be suited for Little Ninjas to join in as well.
- Links are also attached to the email. If you require the links, don't hesitate to email the office on office@karatefitness.co.uk.