

<b>MONDAY</b>			<b>JUNIOR KARATE ONLINE SESSION</b> All Grades 5pm-6pm <a href="https://us02web.zoom.us/j/269259282">https://us02web.zoom.us/j/269259282</a>	<b>ADULT KARATE ONLINE SESSION</b> All Grades 6:15pm-7:15pm <a href="https://us02web.zoom.us/j/752663044">https://us02web.zoom.us/j/752663044</a>
<b>TUESDAY</b>			Beccles Sports Centre Little Ninjas/Junior Lower Grades (White – Red Belt) 5pm-6pm	Beccles Sports Centre Junior Inter/Higher Grades (Yellow – Black Belt) 6pm-7pm
<b>TUESDAY</b>				<b>Beccles Sports Centre</b> <b>OUTDOOR SESSION</b> Adults (18 Years +) 6pm-7pm
<b>WEDNESDAY</b>			Worstead Village Hall, North Walsham Junior Lower/Inter Grades (White – Purple/White Belt) 6pm-7pm	Worstead Village Hall, North Walsham Junior Higher Grades (Brown Belts +) 7pm-8pm
<b>WEDNESDAY</b>			<b>LITTLE NINJAS ONLINE SESSION</b> All Grades 5pm-5:30pm <a href="https://us02web.zoom.us/j/269259282">https://us02web.zoom.us/j/269259282</a>	<b>FAMILY CLASS ONLINE SESSION</b> All Grades 6pm-7pm <a href="https://us02web.zoom.us/j/752663044">https://us02web.zoom.us/j/752663044</a>
<b>THURSDAY</b>			Norman Centre Junior Lower/Inter Grades (White – Purple/White Belt) 5pm-6pm	Norman Centre Junior Higher Grades (Brown Belts +) 6pm-7pm
<b>THURSDAY</b>			<b>Sprowston Recreation Ground</b> <b>OUTDOOR SESSION</b> Family Class 5:30pm-6:30pm	
<b>FRIDAY</b>			CNS Juniors (All Grades) 6:30pm-7:30pm	<b>CNS</b> <b>OUTDOOR SESSION</b> Family Class 6:30pm-7:30pm
<b>SATURDAY</b>	Queens Hill Little Ninjas/Junior Lower Grades (White – Red Belt) 9am-10am	Queens Hill Junior Intermediate Grades (Yellow – Purple/White Belt) 10am-11am	Queens Hill Junior Higher Grades (Brown Belts +) 11am-12pm	Queens Hill Private Lesson Hour (Contact TKF to Book) 12pm-1pm
<b>SATURDAY</b>		<b>Costessey Centre</b> <b>OUTDOOR SESSION</b> Adults (18 Years +) 10am-11am		