

LOONG FU PAI QUEENSLAND TRAINING TIME TABLE 2011

JIMBOOMBA HOMBU /DOJO

	MON	TUE	WENS	THUR	FRI	SAT	SUN
MORNING							
				8.00-9.00am Streching only			
	9.30-10.30 am KARATE seniors	9.30-10.30 KARATE seniors	9.30-10.30 am KARATE seniors	9.30-10.30 am KARATE seniors			
MIDDAY							
AFTERNOON	4.00-5.00 pm Mascots & Juniors	4.00-5.00 pm Mascots & Juniors	4.00-5.00 pm Mascots & Juniors	4.00-5.00 pm Mascots & Juniors			
	5.00-6.00 pm Mascots & Juniors	5.00-6.00 pm Juniors only	5.00-6.00 pm Green & above only	5.00-6.00 pm Green & above only			
EVENING	6.30-7.30 pm KARATE seniors	6.30-7.30 pm Streching only	6.30-7.30 pm SWORD only				

ALL TRAINING IS AT 242 Davidson Rd Jimboomba