

2009 Instructors and Black Belt Classes

Instructors Classes

Sunday 1st March 4pm – 6pm

Sunday 5th April 4pm – 6pm

Sunday 3rd May 4pm – 6pm

Sunday 2nd August 4pm – 6pm

Sunday 4th October 4pm – 6pm

Sunday 1st November 4pm – 6pm

2009 Black Belt Classes

Sunday 22nd February 4pm – 6pm

Sunday 29th March 4pm – 6pm

Sunday 26th April 4pm – 6pm

Sunday 31st May 4pm – 6pm

Sunday 28th June 4pm – 6pm

Sunday 26th July 4pm – 6pm

Sunday 27th September 4pm – 6pm

Sunday 25th October 4pm – 6pm

Sunday 29th November 4pm – 6pm