

Schedule January 2020

Monday	Address
4:00-5:00pm Sandyford CC – Beginners - 9th Kyu Juniors	Lambcross
5:00-6:00pm Sandyford CC – 8th Kyu + Juniors	
4:00-5:00pm Beginner Juniors	Rear Cullenswood PK
5:00-6:00pm 8th – 6th kyu Juniors	
6:00-7:00pm 5th kyu + Juniors	
7:00-8:00pm Adults - Black and Brown Belts only	
8:00-8:30pm Black & brown belts - Kata	
6:00-7:00pm Mixed Juniors	Monread Centre, Naas
7:00-8:00pm Adults	
Tuesday	Address
3:00-4:00pm Beginner Juniors	Rear Cullenswood PK
4:00-5:00pm David Lloyd, Clonskeagh - Beginner - 9th Kyu Juniors	Clonskeagh, D 4
5:00-6:00pm David Lloyd, Clonskeagh - 8th Kyu + Juniors	Clonskeagh, D 4
5:00-6:00pm St Brigid's Hall, Stillorgan Mixed Juniors	Stillorgan
4:00-5:00pm 8th – 6th Kyu Juniors	Rear Cullenswood PK
5:00-6:00pm 5th Kyu + Juniors	
6:00-7:00pm Teens - beginners welcome	
7:00-8:00pm Adults	
8:00-9:00pm Adults	
Wednesday	Address
10:00-11:00am Adults	Rear Cullenswood PK
2:45-3:30pm YourFitness Gym - Mixed Juniors	220 Harolds Cross Road
4:00-5:00pm Beginner Juniors	Rear Cullenswood PK
4:00-5:00pm Irishtown Stadium – Beginners - 9th Kyu Juniors	Strand St: D 4
5:00pm-6:00pm Irishtown Stadium - 8th Kyu + Juniors	
4:30-5:30pm Samuel Beckett Centre, Ballyogan - Mixed Juniors	Ballyogan
5:00-6:00pm 8th – 6th kyu Juniors	Rear Cullenswood PK
6:00-7:00pm Mixed Juniors	
7:00-8:00pm Adults	
8:00-9:00pm Kumite mixed	
6:30-7:30pm Mixed Juniors	
7:30-8:30pm Adults/Teens	Dalkey Heritage Centre
Thursday	Address
4:00-5:00pm Booterstown Parish Centre - Mixed Juniors	Booterstown
4:00-5:00pm Swan Leisure, Rathmines - Mixed Juniors	Rathmines D 6
4:00-5:00pm Beginner Juniors	Rear Cullenswood PK
5:00-6:00pm 8th – 6th kyu Juniors	Rear Cullenswood PK
5:30-6:30pm Terenure Sports Club (CYM)- Mixed Juniors	
6:00-7:00pm Wesley College - Mixed Juniors	
6:00-7:00pm 5th kyu + Juniors	
7:00-8:00pm Adults	
Friday	Address
5:15-6:15pm Mixed Juniors	Rear Cullenswood PK
Saturday	Address
11:00am – 12:00pm De La Salle Sports Centre-Mixed Juniors	Churchtown Road Upper, Dublin 14
11:00am-12:00pm Beginner Juniors	Rear Cullenswood PK
12:00pm – 1:00pm Family Beginner Class & 8th – 7th Kyu Children & Adults	
1:00pm - 2:00pm 6th - 4th Kyu kids and Adults	
2:00pm- 3:00pm 3rd Kyu + kids and Adults	
1:00pm - 2:00pm St Maelruain's Parish Centre – 8th Kyu+ Juniors	Tallaght Village
2:00pm – 3:00pm St Maelruain's Parish Centre – Beginners - White Belt Juniors	
Sunday	Address
10:00am-11:00am Beginners to 5th kyu Adults and Children (families too)	Rear Cullenswood PK
11:00am-12:00pm 4th kyu and above Adults and Children	

Yellow = suitable for beginners. Schedule can change during School Holidays. Please check for classes.