

SEIDO SUNNYBANK KARATE

	Junior Class	General Class	Syllabus Classes	
Monday Sunnybank RSL 19 Gager Street	5.45-6.30pm	6.30-7.30pm* *Meditation Class (All Belts) First Monday of the month (7.15-7.45pm)	7.30-7.45pm (Blue Belt +)* *Meditation - First Monday of the month (All Belts)	7.30-8.15pm Kumite (Adv Yellow +)* *Kumite - Wednesday if no kumite on Monday (e.g. Monday is a public holiday/meditation)
Wednesday Sunnybank BCC Hall 121 Lister Street	5.45-6.30pm	6.30-7.30pm	7.30-8.00pm (Yellow Belt +) Open Floor	7.30-8.30pm (Black Belt +)
Friday Sunnybank RSL 19 Gager Street	5.45-6.30pm	6.15-7.15pm		
Corner Lister Street & Gager Street, Sunnybank				

Month-to-Month Tuition

(Includes all promotion fees)

Options	Concession*	Adults	Family of 3*	Family of 4*
Pay Monthly:	\$60	\$75	\$165	\$195
Pay Weekly:	\$15	\$19	\$42	\$49

Beginners, pay for 3 months to receive a Gi (Uniform) + Belt for Free!

All new students are invited to try 2 introductory classes for free

*Concession includes: Children U18, Students, Concession Card holders, Pensioners

*Family includes: Immediate family only - maximum of 2 adults

Thursday - Coloured Belt Only Classes				
Sunnybank Community Centre, 65 Gager Street				
Juniors	Jnr Blue +	Jnr Yellow +	Jnr Green +	
	5.30-6.20pm	5.30-6.30pm	5.30-6.40pm	
Adults (General)	Adult Blue +	Adult Yellow +	Adult Green +	Adult Brown +
	5.30-6.40pm	Finish 7.20pm	Finish 7.40pm	Finish 8.00pm
Formal Bow-In and Warm-Up for ALL grades begins at 5.30pm				
Adults who arrive after 5.30pm should fully warm up prior to requesting to join in the class				
Corner Turton Street & Gager Street, Sunnybank				