

Paringdon Dojo

- Mondays** 5-6pm Beginners, Yellow, Red & Orange belt
 6-7pm Green, Blue, Purple, Junior Brown belts & Adults
- Tuesday** 5-6pm Beginners, Yellow, Red & Orange belt
 6-7pm Green, Blue, Purple belts, Junior Brown belts (KS2) (Under 11 years)
 7-8pm Junior Brown Belts KS3 & KS4 (11 years & over)
 8-9pm Junior Brown belts KS3 & KS4 (Over 13 years) & Adults
- Wednesday** 5-6pm All Grades
 6-7pm Kumite Class (Sparring)
- Thursday** 5-6pm Beginners, Yellow, Red & Orange belt
 6-7pm Green, Blue, Purple belts, Junior Brown belts (KS2) (Under 11 years)
 7-8pm Junior Brown Belts KS3 & KS4 (11 years & over)
 8-9pm Junior Brown belts KS3 & KS4 (Over 13 years) & Adults
- Saturday** 10-11am Beginners, Yellow, Red & Orange belt
 11am -12pm Green, Blue, Purple, Junior Brown belts & Adults

High Beeches Dojo

- Tuesday** 6:30-7:30pm All grades Junior & Adult class