

\*Classes available for Youths category at various outlets.

## YOUTHS

SCHEDULE FOR BUKIT MERAH MAIN OUTLET						
weekday pm	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
12:00	Basic Adante 1 Hour Youths & Adults			Basic Adante 1 Hour Youths & Adults		
3:00	Tots					
4:00			NEW 45 Mins	FT Tots Preparation		EJ Cadet(SNR)
5:00				NEW Tots	CL Cadet(JNR)	
6:00				NEW Cadet(JNR)	CL Cadet(SNR)	
6:15			Basic Adante 1 Hour 15 Mins Youths & Adults	FT Youths & Adults		

Sports Lifestyle Centre, 3500A Bukit Merah Central Singapore 159837

weekend am	SATURDAY	SUNDAY
9:00	Tots KEL Cadet(JNR)	Tots MC Cadet(JNR)
10:00		MC Cadet(JNR)
11:00		MC Cadet(SNR)
12:00		MC Cadet(SNR)
weekend pm		
2:00		ZR Cadet(JNR)
3:00		ZR Cadet(SNR)
4:00		ZR Cadet(JNR)
5:00		ZR Cadet(SNR)

SCHEDULE FOR SAFRA TOA PAYOH MAIN OUTLET					
weekday am	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00				Basic Adante 1 Hour 15 Mins Youths & Adults	FT
weekday pm					
3:00				BL Cadet(JNR)	FT Cadet(SNR)
4:00				BL Cadet(JNR)	FT Cadet(SNR)
5:00				BL Cadet(JNR)	FT Cadet(SNR)
6:00				Basic Adante 1 Hour 15 Mins Youths & Adults	BL Cadet(SNR)
7:00					
8:00					7:30 Aikido Shinju-kai Class ages 13 & above (separate fees structure)

SAFRA Toa Payoh, 293 Toa Payoh Lorong 6, #03-04, Singapore 319387

weekend	SATURDAY	SUNDAY
9:00		C2 Tots KEL Cadet(JNR)
10:00		NL Cadet(SNR)
11:00		NL Cadet(SNR)
12:00		NL Cadet(SNR)
1:00		PO Tots XF Cadet(JNR)
2:00		PO Tots XF Cadet(SNR)
3:00		PO Cadet(SNR)
4:00		PO Cadet(SNR)
5:00		PO Cadet(SNR)
6:00		PO Cadet(SNR)
7:00		FT Youths
8:00		FT Youths & Adults

SCHEDULE FOR CLAYMORE PARTNER OUTLET @ CH'I LIFE STUDIO					
weekday pm	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4:00					NEW Tots CL Cadet(JNR)
5:00					CL Cadet(SNR)
6:00					
7:00					

Claymore Connect Mall, 442 Orchard Rd #03-03 Singapore 238879

weekend	SATURDAY	SUNDAY
12:00		RN Cadet(JNR)
1:00		RN Cadet(JNR)
2:00		WY Cadet(SNR)
3:00		
4:00		

Tots 60mins	recommended for ages 3 - 4	Youths 60 mins	recommended for ages 16 to 21 only
Cadet(JNR) 60 mins	recommended for ages 5 - 9	Youths & Adults 75 mins	recommended for ages 16 & above
Cadet(SNR) 60 mins	recommended for ages 10 - 15	Private 40/60mins	individual or small groups, subject to availability

Main Teachers Legend	BL : Barry Low	CL : Chee Lip	KEL : Kenneth Elson Lee	EJ : Elijah	RH: Rheann	NL : Nancy Loke	XF : Xiu Fen
	MC : Marina Chong	FT : Felix Tan	ZR : Zairein	C2 : Cheen Cheen	WY : Wai Yip	PO : Patrick Ooi	