

Alpha Gym - Unit 13, Brome Industrial Estate, Eye, IP23 7HN

For details: contact John Barounis on **01379 669013 / 07825 000767** or email martialarts@alpha-gym.co.uk

Monday

Miyagi Kan GoJu Ryu Karate Do

16:00 - 16:30 Karate Little Ninjas (4 - 6 years old)

16:30 - 17:30 Karate Kids/Teens (7 - 15 years old)

20:00 - 21:30 Karate Adults (16+ years old)

Blue Wave Brazilian Jiu Jitsu

17:30 - 18:30 BJJ Kids/Teens (7 - 15 years old)

18:30 - 20:00 BJJ Adults (16+ years old)

Tuesday

Miyagi Kan GoJu Ryu Karate Do

18:30 - 20:00 Karate Adults (16+ years old)

Blue Wave Brazilian Jiu Jitsu

16:00 - 16:30 BJJ Little Ninjas (4 - 6 years old)

16:30 - 17:30 BJJ Kids/Teens (7 - 15 years old)

20:00 - 21:30 BJJ Adults (16+ years old)

Wednesday

Miyagi Kan GoJu Ryu Karate Do

16:00 - 16:30 Karate Little Ninjas (4 - 6 years old)

16:30 - 17:30 Karate All ages (7+ years old)

Blue Wave Brazilian Jiu Jitsu

17:30 - 18:30 BJJ All ages (7+ years old)

Thursday

Miyagi Kan GoJu Ryu Karate Do

17:30 - 18:30 Karate Kids/Teens (7 - 15 years old)

18:30 - 20:00 Karate Adults (16+ years old)

Blue Wave Brazilian Jiu Jitsu

16:00 - 16:30 BJJ Little Ninjas (4 - 6 years old)

16:30 - 17:30 BJJ Kids/Teens (7 - 15 years old)

20:00 - 21:30 BJJ Adults (16+ years old)

Friday

Miyagi Kan GoJu Ryu Karate Do

16:00 - 17:00 Karate All ages (7+ years old)

Blue Wave Brazilian Jiu Jitsu

17:00 - 18:00 BJJ All ages (7+ years old)

Saturday

Miyagi Kan GoJu Ryu Karate Do

14:00 - 15:00 Karate All ages (7+ years old)

Blue Wave Brazilian Jiu Jitsu

15:00 - 16:00 BJJ All ages (7+ years old)