

The Tokei Martial Arts and Fitness Centre London

Lion Court, 28 Magdalen Street, London, SE1 2EN, 020 7403 5979
(Just off Tooley Street)

Opening times
Monday to Friday 8am - 9pm
Saturday 10am - 3:30pm
Sunday 10am - 2pm

ADDITIONAL COSTS
MAY APPLY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				JUDO 10:00 - 11:30 DOJO 1		AIKIDO IWAMA RYU 9:00 - 10:30 DOJO 2	AIKIDO 9:00 - 11:00 DOJO 1
LUNCH TIME CLASSES	YOGA 12:30 - 13:15 DOJO 2	BRAZILIAN JIU-JITSU 12:00 - 13:00 DOJO 1	YOGA 12:30 - 13:15 DOJO 2	BRAZILIAN JIU-JITSU 12:00 - 13:00 DOJO 1	TOTAL KNOCKOUT 12:15 - 13:00 DOJO 1	SANJURO 10:00 - 11:30 DOJO 1	KARATE FIGHT CLUB 10:30 - 11:30 DOJO 2
	BUM BUSTER 13:00 - 13:45 DOJO 1	PILATES 12:20 - 13:00 DOJO 2	BOXING 13:00 - 13:45 DOJO 1 *	ZUMBA 13:00 - 13:45 DOJO 2	HATHA YOGA 13:00 - 13:45 DOJO 2	BRAZILIAN JIU-JITSU 11:00 - 13:00 DOJO 2	SHOTOKAN KARATE (JUNIORS) 12:00 - 13:30 DOJO 2
		BODY BLITZ 13:00 - 13:45 DOJO 1		CIRCUITS 13:20 - 14:00 DOJO 1		OLYMPIC FREESYLE WRESTLING 11:30 - 13:30 DOJO 1	
	WOMENS BOXING 18:00 - 19:00 DOJO 2	CIRCUITS 18:00 - 19:00 DOJO 1	KENPO 18:30 - 20:00 DOJO 2	CIRCUITS 18:00 - 19:00 DOJO 1	THAI BOXING 18:00 - 19:00 DOJO 1	CHEUNG HSIN 13:00 - 15:00 DOJO 2	
	WU SHU KWAN 18:00 - 20:00 DOJO 1	BRAZILIAN JIU-JITSU 18:00 - 19:00 DOJO 2		Junior Judo 18:00 - 19:00 DOJO 2	SANJURO 18:00 - 19:00 DOJO 2	WU SHU KWAN 15:00 - 17:00 DOJO 1	
		JUNIOR JUDO 19:00 - 20:00 DOJO 2		AIKIDO IWAMA RYU 19:00 - 20:15 DOJO 1	BRAZILIAN JIU-JITSU 19:00 - 20:00 DOJO 2		
	AKI JU JITSU 19:00 - 20:15 DOJO 2	THAI BOXING 19:00 - 20:00 DOJO 1	JUNIOR KARATE 19:00 - 20:00 DOJO 1	CAPOEIRA 19:00 - 20:00 DOJO 2	JUNIOR KARATE 19:00 - 20:00 DOJO 1		
	BRAZILIAN JIU-JITSU 20:15 - 22:00 DOJO 2	BRAZILIAN JIU-JITSU 20:00 - 22:00 DOJO 2	TAI CHI 20:00 - 22:00 DOJO 2	BRAZILIAN JIU-JITSU 20:15 - 22:00 DOJO 1	BRAZILIAN JIU-JITSU 20:00 - 22:00 DOJO 2		
	AIKIDO IWAMA RYU 20:00 - 22:00 DOJO 1	SENIOR JUDO 20:00 - 22:00 DOJO 1	SENIOR KARATE 20:00 - 21:30 DOJO 1	AIKIDO 20:00 - 21:30 DOJO 2	SENIOR KARATE 20:00 - 21:30 DOJO 1		

* OPEN TO BOTH MEN AND WOMEN