

TIMETABLE

The Tokei Martial Arts and Fitness Centre
Lion Court, 28 Magdalen Street, London, SE1 2EN
0207 403 5979

Day	Class	Starts	Ends	Location
Monday	Waist down supreme	13:00	13:45	Studio
	Wu Shu Kwan	18:00	20:00	Dojo
	Women's boxing	18:00	19:00	Studio
	Aiki Ju Jitsu	19:00	20:15	Studio
	Brazilian Jiu Jitsu	20:15	21:45	Studio
Tuesday	Aikido	20:00	22:00	Dojo
	Skilled Pilates	12:20	13:00	Studio
	Combat Method	12:45	13:15	Dojo
	Fighting Fit Circuit	13:20	14:00	Dojo
	Kickout	13:15	13:45	Studio
	Circuit Training	18:00	19:00	Dojo
	Junior Judo	19:00	20:00	Studio
	Thai Boxing	19:00	20:00	Dojo
	Judo Beginners	20:00	20:30	Dojo
Senior Judo	20:30	22:00	Dojo	
Wednesday	Brazilian Jiu Jitsu	20:15	22:00	Studio
	Boxerise	12:00	12:45	Dojo
	Acroyoga	12:30	13:15	Studio
	Women's boxing	18:00	19:00	Dojo
	Kenpo	18:00	19:00	Studio
	Kenpo	19:00	20:00	Studio
	Junior Karate	19:00	20:00	Studio
Senior Karate	20:00	21:30	Dojo	
Thursday	Tai Chi	20:00	22:00	Studio
	Judo	09:30	10:30	Dojo
	Skilled Pilates	12:20	13:00	Studio
	Fighting Fit Circuit	13:20	14:00	Dojo
	Circuit Training	18:00	19:00	Dojo
	Brazilian Jiu Jitsu	18:00	19:00	Studio
	Tae Kwondo (Closed Class)	19:00	20:00	Studio
	Aikido	19:00	20:30	Dojo
Brazilian Jiu Jitsu	20:00	22:00	Studio	
Friday	Senior Judo	20:30	22:00	Dojo
	Ashtanga Warrior Yoga	13:00	13:45	Studio
	Thai Boxing	18:00	19:00	Studio
	Sanjuro	19:00	20:00	Studio
	Junior Karate	19:00	20:00	Dojo
Saturday	Brazilian Jiu Jitsu	20:00	22:00	Studio
	Sanjuro	10:00	11:30	Dojo
	Brazilian Jiu Jitsu	10:00	12:00	Studio
Sunday	Olympic Freestyle Wrestling	11:30	13:00	Dojo
	Wu Shu Kwan	15:00	17:00	Dojo
	London Aikido	09:00	11:00	Dojo
	Karate fight club	10:30	11:30	Studio
Sunday	Kids Shotokan Karate	12:00	13:30	Studio

Associate classes shown in red