



Zen Chi Ryu

Email: zenchiryu.office@siusaiptyltd.com Web: www.zenchiryu.com

Northern Beaches

Head Instructor: *Shihan Tim Reilly*

0438 880 821

<i>Monday</i>	<i>Primary (Under 12yrs) Black Belts</i>	<i>5:30pm – 6:20pm 6:30pm – 8:30pm</i>
<i>Tuesday</i>	<i>Primary (Under 12yrs) Full Contact Fighting</i>	<i>5:30pm – 6:20pm 6:30pm – 8pm</i>
<i>Wednesday</i>	<i>Secondary (13-16yrs) Adults (16+)</i>	<i>6pm – 7pm 7:10pm – 8:30pm</i>
<i>Thursday</i>	<i>Primary (Under 12yrs) Full Contact and Fitness</i>	<i>6pm – 6:45pm 7pm – 8:30pm</i>
<i>Saturday</i>	<i>Adults (16+) Kata</i>	<i>9:30am – 11:30am</i>