

# MEIJI TIMETABLE 2026 - ST JOHNS WOOD

Beg/Int = If you are wearing a White, Yellow, Orange or Red Belt. Int / Adv = If you are wearing a Green, Purple, Blue, Brown or Black Belt

KICKBOXING CLASSES @ ST. JOHNS WOOD DOJO (2026)						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					11am - 12pm ADULTS (All Grades)	11am - 12pm ADULTS (All Grades)
					12.15pm - 1pm TEENS (11-14 yrs) All Grades	12pm - 12.45pm TEENS (11 - 14 yrs) Int / Adv.
		4.15pm - 4.45pm LITTLE PANTHERS (4-6 yrs)	4.15pm - 4.45pm LITTLE PANTHERS (4-6 yrs)		1.15pm - 2pm JUNIORS (7-10 yrs) All Grades	12.45pm - 1.30pm TEENS (11-14 yrs) Beg / Int
	5pm - 5.45pm JUNIORS (7-10 yrs) Beg / Int	5pm - 5.45pm JUNIORS (7-10 yrs) Beg / Int	5pm - 5.45pm JUNIORS (7-10 yrs) Beg / Int			1.30pm - 2pm LITTLE PANTHERS (4-6 yrs)
	5.45pm - 6.30pm JUNIORS (7-10 yrs) Int / Adv	5.45pm - 6.30pm JUNIORS (7-10 yrs) Int / Adv	5.45pm - 6.30pm JUNIORS (7-10 yrs) Int / Adv			
6.45pm - 7.30pm TEENS (11 - 14 yrs) All Grades	6.30pm - 7.30pm ADULTS (Int / Adv)		6.30pm - 7.30pm ADULTS (Beg / Int)			
7.30pm - 8.30pm ADULTS (All Grades)	7.30pm - 8.30pm ADULTS (Beg / Int)		7.30pm - 8.30pm ADULTS (Int / Adv)			

JIU-JITSU / KRAV MAGA CLASSES @ ST. JOHNS WOOD DOJO (2026)						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	10am - 11am Krav Maga (Adults) All levels			11am - 12pm Krav Maga (Adults) All levels		
4.30pm - 5.15pm Jiu Jitsu (5 - 6 yrs) All Grades				4.30pm - 5.15pm Jiu Jitsu (5 - 6 yrs) All Grades		
5.15pm - 6pm Jiu Jitsu (7 - 10 yrs) All Grades				5.15pm - 6pm Jiu Jitsu (7 - 10 yrs) All Grades		
6pm - 6.45pm Jiu Jitsu (11 - 14 yrs) All Grades				6pm - 6.45pm Jiu Jitsu (11 - 14 yrs) All Grades		
		6.30pm - 7.15pm Jiu Jitsu (11 - 14 yrs) All Grades		7pm - 8pm Jiu Jitsu (Adults) All Grades		
		7.15pm - 8.15pm Jiu Jitsu (Adults) All Grades				