

THE
FORGE
Martial Arts Academy
BORN.SHAPED.TEMPERED.SHARPENED

Time	Monday	Tuesday	Wednesday	Thursday	Friday
18:30 - 19:30					
19:30 - 21:00	JKD	JKD	JKD	JKD	

	Saturday	Sunday
11:00 - 12:00		Sparring
12:00 - 13:00		Grappling Study Group [GI]

WINTER TIMETABLE 2017