

January Training Schedule

Mon, 5 Jan - Sat 31 Jan 2026

Maroochydore Dojo

MON	TUE	WED	THUR	FRI	SAT
	6:00 - 7:00am Teens & Adults		6:00 - 7:00am Teens & Adults		
					8:30 - 9:20am Little Champions & Kids
	9:30 - 10:30am Teens & Adults		9:30 - 10:30am Teens & Adults		9:30 - 10:30am Teens & Adults
				No Friday Classes During January	
4:30 - 5:20pm Little Champions & Kids	4:30 - 5:20pm Little Champions & Kids	4:30 - 5:20pm Little Champions & Kids	4:30 - 5:20pm Little Champions & Kids		
5:30 - 5:55pm Self Training	5:30 - 6:20pm Kobujutsu	5:30 - 5:55pm Self Training	5:30 - 6:20pm Family Class		
6:00 - 7:00pm Teens & Adults	6:30 - 7:30pm Teens & Adults	6:00 - 7:00pm Teens & Adults	6:30 - 7:30pm Teens & Adults		
7:10 - 8:00pm Kobujutsu	7:35 - 8:00pm Self Training	7:10 - 8:00pm Kobujutsu	7:35 - 8:00pm Self Training		

Please refer to the back of this page for additional information about classes.

SOKE CUP SQUAD TRAINING INFORMATION



Speak to instructors for more information.

The 2026 15th Soke Cup, International Chito-Ryu Karate Championships to be held on the Gold Coast, 13-15 August 2026. Throughout January, there will be no weekly squad training scheduled, enjoy the rest!

Recommencing from February 2026:

- Weekly Squad Training on Fridays
- Bonus Wednesday morning all ages: 6:00-7:00am
- Check-in for Juniors: Mon & Wed, 5:30-6:00pm
- Check-in for Seniors: Tue & Thur, 7:30-8:00pm

Plus Monthly Weekend Squad Sessions:

- Saturdays, 12:00-3:00pm

Phone/Txt: 0435 255 323

Email: sck@SunshineCoastKarate.com.au

Facebook: facebook.com/SunshineCoastKarate

Web: SunshineCoastKarate.com.au