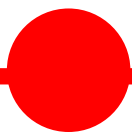


Senshin Sports

TRAINING SCHEDULE JANUARY 2026

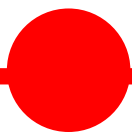


MONDAY

ATHENRY

LITTLE SAMUARI		FIGHTING FIT JUDO (ALL)		DEV SQUAD JUDO (INVITE ONLY)		ADVANCED TEAM JUDO (INVITE ONLY)	
17:00		18:00		19:00		20:00	21:30
AGE - 8		AGE -13		AGE -18		AGE 13+	

BRIARHILL



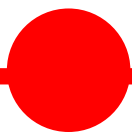
TUESDAY

ATHENRY

TINY TUMBLERS		GYMSTART SQUAD L1&2 (INVITE ONLY)		GYMSTART SQUAD L2&3 (INVITE ONLY)		GYMSTART SQUAD L3+ (INVITE ONLY)	
15:15		16:00		17:30		19:00	20:30
AGE -7		AGE -12		AGE -14		AGE -18	

BRIARHILL

FIGHTING FIT JUDO (W to Y)		FIGHTING FIT JUDO (Y/O - B)	
18:00		19:00	20:00
AGE -12		AGE -15	



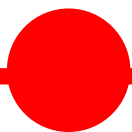
WEDNESDAY

ATHENRY

LITTLE NINJAS	FIGHTING FIT JUDO (W to Y/O)	FIGHTING FIT JUDO (O to B)	ADVANCED TEAM JUDO (INVITE ONLY)
17:00	18:00	19:00	20:00
AGE -7	AGE -15	AGE -15	AGE 13+

BRIARHILL

TINY TUMBLERS	RYTHMIC GYMNASTICS	ARTISTIC GYMNASTICS	RYTHMIC GYMNASTICS
16:00	17:00	18:00	19:00
AGE U7	AGE -8	AGE -7+	AGE -7+



THURSDAY

ATHENRY

TINY TUMBLERS		ARTISTIC GYMNASTICS		ARTISTIC GYMNASTICS		ARTISTIC GYMNASTICS		ARTISTIC GYMNASTICS		ARTISTIC GYMNASTICS	
15:15		16:00		17:00		18:00		19:00		20:00	21:00
AGE U7		AGE -8		AGE -9		AGE -10		AGE -12		AGE 13+	

BRIARHILL

FIGHTING FIT JUDO (ALL)		TEENS & DEV SQUAD JUDO (13+ ALL GRADES)	
18:00		19:00	20:30
AGE -12		AGE -U18	



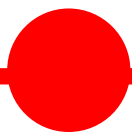
FRIDAY

ATHENRY

GYMSTART SQUAD L1&2 (INVITE ONLY)		GYMSTART SQUAD L1&2 (INVITE ONLY)		JUN COMP TEAM (INVITE ONLY)		ADVANCED TEAM JUDO (INVITE ONLY)		
15:30		17:00		18:30		19:30		21:00
AGE -9		AGE 09		AGE -16		AGE 13+		

BRIARHILL

TINY TUMBLERS		ARTISTIC GYMNASTICS		RYTHMIC GYMNASTICS	
16:00		17:00		18:00	19:00
AGE U7		AGE 7+		AGE 7+	



SATURDAY

ATHENRY

TINY TUMBLERS		ARTISTIC GYMNASTICS		ARTISTIC GYMNASTICS		ARTISTIC GYMNASTICS		ARTISTIC GYMNASTICS		DANCE GYM		TINY TUMBLERS		ARTISTIC GYMNASTICS	
09:30		10:30		11:30		12:30		13:30		14:30		15:30		16:30	17:30
AGE -7		AGE -8		AGE -10		AGE -10		AGE 09		AGE 09		AGE -7		AGE -12	

BRIARHILL

LITTLE NINJAS		TINY TUMBLERS		ARTISTIC GYMNASTICS		RYTHMIC & JUMPSTART GYMNASTICS SQUAD	
09:30		10:30		11:30		12:30	13:30 14:00
AGE -7		AGE -7		AGE 7+		AGE 7+	



SUNDAY

ATHENRY

SENSHIN JUNIOR GRAND PRIX COMPETITION SERIES
(ALL GRADES - EVERY TWO MONTHS)

14:00

17:30

AGE -14

BRIARHILL

SENSHIN JUNIOR GRAND PRIX COMPETITION SERIES
(ALL GRADES - EVERY TWO MONTHS)

14:00

17:30

AGE -14