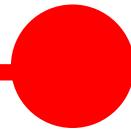


Senshin Sports

TRAINING SCHEDULE JANUARY 2026

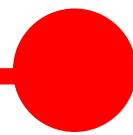


MONDAY

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
AGE -8	AGE -13	AGE -18	AGE 13+

BRIARHILL



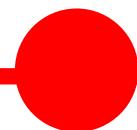
TUESDAY

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
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
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	RYHTHMIC GYMNASTICS	ARTISTIC GYMNASTICS	RYHTHMIC 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
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
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
AGE 9	AGE 09	AGE 16	AGE 13+

BRIARHILL

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

SATURDAY

ATHENRY

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

BRIARHILL

LITTLE NINJAS	TINY TUMBLERS	ARTISTIC GYMNASICS	RYTHMIC & GYMNASICS	JUMPSTART SQUAD
09:30	10:30	11:30	12:30	13:30
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