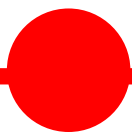


Senshin Sports

TRAINING SCHEDULE SEPTEMBER 2025

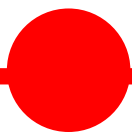


MONDAY

ATHENRY

LITTLE SAMUARI		FIGHTING FIT JUDO (W to Y)		ETD JUDO (INVITE ONLY)		ADVANCED JUDO (INVITE ONLY)	
17:00		18:00		19:00		20:00	21:30
AGE -7		AGE -12		AGE -18		AGE 13+	

BRIARHILL



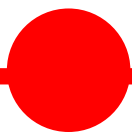
TUESDAY

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 to B)	TEEN & ADULT JUDO (ALL)
18:00	19:00	20:00
21:00		
AGE -12	AGE -14	AGE -14+



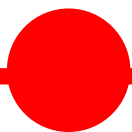
WEDNESDAY

ATHENRY

LITTLE NINJAS	FIGHTING FIT JUDO (W to Y)	FIGHTING FIT JUDO (O to B)	ADVANCED JUDO (INVITE ONLY)
17:00	18:00	19:00	20:00
21:30			
AGE -7	AGE -12	AGE -14	AGE 13+

BRIARHILL

RYTHMIC GYMNASTICS	ARTISTIC GYMNASTICS	RYTHMIC GYMNASTICS
17:00	18:00	19:00
20:00		
AGE -12	AGE -12	AGE -16



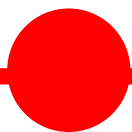
THURSDAY

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 (W to Y)		FIGHTING FIT JUDO (Y to B)		TEEN & ADULT JUDO (ALL)	
18:00		19:00		20:00	21:00
AGE -12		AGE -14		AGE -14+	



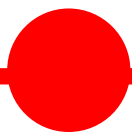
FRIDAY

ATHENRY

GYMSTART SQUAD L1&2 (INVITE ONLY) (INVITE ONLY)		GYMSTART SQUAD L1&2 (INVITE ONLY)		FIGHTING FIT JUDO (ALL)		ADVANCED JUDO (INVITE ONLY)			
15:30		17:00		18:30		19:30		21:00	
AGE -9		AGE 09		AGE -14		AGE 13+			

BRIARHILL

ARTISTIC GYMNASTICS		RYTHMIC GYMNASTICS		
17:00		18:00		19:00
AGE -12		AGE -14		



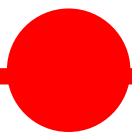
SATURDAY

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		JUMPSTART SQUAD (INVITE ONLY)	
09:30		10:30		11:30		12:30	14:00
AGE -7		AGE -7		AGE -12		AGE -14	



SUNDAY

ATHENRY

ADVANCED JUDO
OPEN RANDORI SESSION

11:00

13:00

14:00

17:30

AGE 13+

SENSHIN JUNIOR GRAND PRIX COMPETITION SERIES
(YELLOW BELT AND ABOVE - EVERY TWO MONTHS)

AGE -14

BRIARHILL

RECREATIONAL
JUDO (FAMILY)

10:00

11:00

AGE7+