

JUDO	Day	Location	Time	Title
Judo	Monday	Athenry	17:00 - 18:00	Judo - ATH - Mon 5:00 PM: Little Samurai Active Start Judo (5-7 yrs)
Judo	Monday	Athenry	18:00 - 19:00	Judo - ATH - Mon 6:00 PM: Fighting Fit -Beginner and Mixed Levels (7-14 yrs)
Judo	Monday	Athenry	19:00 - 20:00	Judo - ATH - Mon 7:00 PM: Fighting Fit - Invite Only Squad (7-14 yrs)
Judo	Monday	Athenry	20:00 - 21:30	Judo - ATH - Mon 8:00 PM: Randori & Conditioning (Teens)
Judo	Tuesday	Briarhill	17.30-18.30	Judo - GAL - Tues 5:30 PM: Little Samurai Active Start Judo (5-8 yrs)
Judo	Tuesday	Briarhill	18:30 - 20:00	Judo - GAL - Tues 6:30 PM: Fighting Fit (5-12yrs) Beginner and mixed grades)
Judo	Wednesday	Athenry	17:00 - 18:00	Judo - ATH - Wed 5:00 PM: Little Ninjas Obstacle & Agility (4-7 yrs)
Judo	Wednesday	Athenry	18:00 - 19:00	Judo - ATH - Wed 6:00 PM: Fighting Fit - Beginner and Mixed Levels (7- 14 yrs)
Judo	Wednesday	Athenry	19:00 - 20:00	Judo - ATH - Wed 7:00 PM: Fighting Fit - Orange Belt to Brown Belt (7-14 yrs)
Judo	Wednesday	Athenry	20:00 - 21:30	Judo - ATH - Wed 8:00 PM: Randori & Technical (Teens)
Judo	Thursday	Briarhill	18:00 - 19:00	Judo - GAL - Thurs 6:00 PM: Fighting Fit (5-12yrs) Beginner and Mixed Grades)
Judo	Thursday	Briarhill	19:00 - 20:30	Judo - GAL - Thurs 7:00 PM: Technical Judo (Teens)
Judo	Thursday	Briarhill	19:00 - 20:30	Judo - GAL - Thurs 7:00 PM: Fighting Fit - (Development Squad Invite)
Judo	Friday	Athenry	18:30 - 19:30	Judo - ATH - Fri 6:30 PM: Junior Competition Team (Invite Only)
Judo	Friday	Athenry	19:30 - 21:00	Judo - ATH - Fri 7:30 PM: Randori & Technical (Teens)
Judo	Saturday	Briarhill	09:30 - 10:30	Judo - GAL - Sat 9.30am: Little Ninjas Obstacle & Agility (4-7 yrs)

GYMNASTICS	Day	Location	Time	Title
Artistic Gymnastics	Tuesday	Athenry	15:15 - 16:00	Gymnastics - ATH - Tues 3:15 PM: Tiny Tumblers (4-7 yrs)
Rhythmic Gymnastics	Wednesday	Briarhill	17:00 - 18:00	Gymnastics - GAL - Wed 5:00PM: Rhythmic Gymnastics (4-12 yrs)
Artistic Gymnastics	Wednesday	Briarhill	18:00 - 19:00	Gymnastics - GAL - Wed 6:00PM Artistic Gymnastics (4-12 yrs)
Rhythmic Gymnastics	Wednesday	Briarhill	19:00 - 20:00	Gymnastics - GAL - Wed 7:00PM: Rhythmic Gymnastics (7-14yrs)
Artistic Gymnastics	Thursday	Athenry	15:15 - 16:00	Gymnastics - ATH - Thurs 3:15 PM: Tiny Tumblers (4-7 yrs)
Artistic Gymnastics	Thursday	Athenry	16:00 - 17:00	Gymnastics - ATH - Thurs 4:00 PM: Artistic Gymnastics (7-9 yrs)
Artistic Gymnastics	Thursday	Athenry	17:00 - 18:00	Gymnastics - ATH - Thurs 5:00 PM: Artistic Gymnastics (8 - 10 yrs)
Artistic Gymnastics	Thursday	Athenry	18:00 - 19:00	Gymnastics - ATH - Thurs 6:00 PM: Artistic Gymnastics (9 -11 yrs)
Artistic Gymnastics	Thursday	Athenry	19:00 - 20:00	Gymnastics - ATH - Thurs 7:00 PM: Artistic Gymnastics (10- 12 yrs)
Artistic Gymnastics	Thursday	Athenry	20:00 - 21:00	Gymnastics - ATH - Thurs 8:00 PM: Artistic Gymnastics (+12s)
Artistic Gymnastics	Friday	Briarhill	17:00 - 18:00	Gymnastics - GAL - Fri 5:00PM: Artistic Gymnastics (4-12 yrs)
Rhythmic Gymnastics	Friday	Briarhill	18:00 - 19:00	Gymnastics - GAL - Fri 6:00PM: Rhythmic Gymnastics (4-12 yrs)
Rhythmic Gymnastics	Friday	Briarhill	19:00 - 20:00	Gymnastics - GAL - Fri 7:00PM: Rhythmic Gymnastics (7-14 yrs)
Artistic Gymnastics	Saturday	Athenry	09:30 - 10:30	Gymnastics - ATH - Sat 9:30 AM: Tiny Tumblers (4-7 yrs)
Artistic Gymnastics	Saturday	Briarhill	10:30 - 11:30	Gymnastics - GAL - Sat 10.30AM: Tiny Tumblers (4-7yrs)
Artistic Gymnastics	Saturday	Athenry	10:30 - 11:30	Gymnastics - ATH - Sat 10:30 AM: Artistic Gymnastics (6-7 yrs)
Artistic Gymnastics	Saturday	Athenry	11:30 - 12:30	Gymnastics - ATH - Sat 11:30 AM: Artistic Gymnastics (7-9 yrs)
Artistic Gymnastics	Saturday	Briarhill	11:30 - 12:30	Gymnastics - GAL - Sat 11.30AM: Artistic Gymnastics (7-14 yrs)
Artistic Gymnastics	Saturday	Athenry	12:30 - 13:30	Gymnastics - ATH - Sat 12:30 PM: Artistic Gymnastics (9-14 yrs)
Rhythmic Gymnastics	Saturday	Briarhill	12:30 - 13:30	Gymnastics - GAL - Sat 12.30PM: Rhythmic Gymnastics (7-14 yrs)
Artistic Gymnastics	Saturday	Athenry	13:30 - 14:30	Gymnastics - ATH - Sat 1:30 PM: Artistic Gymnastics (9-16 yrs)
Artistic Gymnastics	Saturday	Athenry	14:30 - 15:30	Gymnastics - ATH - Sat 2:30 PM: Artistic Gymnastics & DanceGym (9-16 yrs)
Artistic Gymnastics	Saturday	Athenry	15:30 - 16:30	Gymnastics - ATH - Sat 3:30 PM: Tiny Tumblers (4-7 yrs)
Artistic Gymnastics	Saturday	Athenry	16:30 - 17:30	Gymnastics - ATH - Sat 4:30 PM: Artistic Gymnastics (7-12 yrs)