

Shihan Hennie Bosman – 8th Dan
International Chairman Kyokushin-Kan

MAIN DOJO

WELGEMOED DOJO

Welgemoed Juniors: Mon/Wed 17h00-18h00 & 18h00-19h00 • Thurs 17h00-18h00 • Tue/Fri 15h30-16h30 • Sat 10h30-12h00
Welgemoed Seniors: Monday/Wednesday 18h00-19h30 • Tuesday/Thursday 19h00-20h00
Welgemoed Mornings: Monday/Wednesday/Friday 09h00-10h00
Welgemoed Fighting: Saturday 08h30-10h00
Weapon Training: Tuesday 17h45-18h45

FIND US ON FACEBOOK
Hennie Bosman
Kyokushin-Kan Karate

SCHOOL DOJO'S

Bellpark Primary School:	Tue/Thurs	17h00-18h00 18h00-19h00
Blackheath Community Hall:	Mon/Thurs	18h00-19h00
Brackenfell Primary School:	Mon/Wed	17h00-18h00
Curro Brackenfell Private School:	Tue/Thurs	14h00-15h00 15h00-16h00
	Mon/Wed	17h00-18h00
	Friday	13h15-14h15
Curro Durbanville Private School:	Friday	13h30-15h30
De Kuilen Primary School:	Mon/Tue	17h30-18h30
	Friday	15h45-16h45
Eversdal Primary School:	Mon/Wed/Thurs	14h30-15h30
Gene Louw Primary School:	Mon/Tue	16h00-17h00
	Thursday	15h15-16h15
Jan Kriel School:	Monday	13h30-14h30
Kenridge Primary School:	Mon/Tue/Wed	14h30-15h30
	Thurs	15h30-16h30
Labiance Primary School:	Tue/Thurs	16h00-17h00
La Vigne Private School: (Durbanville)	Mon/Thurs	15h30-16h30
Meridian Private School:	Wednesday	16h00-17h00
	Friday	14h30-15h30
Mikro Primary School:	Tue/Fri	14h30-15h30
Paarl School:	Thurs	13h00-14h00
Paarl School Activity Centre:	Tue/Thurs	18h00-19h00
Panorama Pre-Primary Hall:	Mon/Wed	17h45-18h45
Totius Primary School:	Tue/Fri	14h30-15h30

PRE PRIMARY DOJO'S

Bellpark Primary School:	Tue	12h30-13h00
Blommeland:	Fri	10h00-10h30
Brackenfell Primary:	Wed	13h15-13h45
Curro Brackenfell Private School:	Tue/Thurs	13h15-13h45
	Mon	17h00-17h30
Curro Durbanville Private School:	Tue	10h30-11h00
Eversdal Pre Primary School:	Thurs	13h00-13h30
Gene Louw Primary School:	Mon	16h00-16h30
Kenridge Pre Primary/Fledgling:	Tue	12h45-13h15
Kido Kids: (Van Riebeeckshof)	Tue	10h00-10h30
Kidz Corner:	Fri	10h45-11h15
Kuilsriver Pre Primary School:	Fri	12h45-13h15
Labiance Primary School:	Tue	16h00-16h30
Meridian Private School:	Wed	13h15-13h45
Panorama Pre Primary Hall:	Mon	12h30-13h00
Rosen Castle Pre Primary:	Thurs	14h00-14h30
Totius Primary School:	Wed	13h15-13h45
Welgemoed Kleuters:	Tue/Thurs	17h00-17h45
Welgemoed Pre Primary:	Fri	13h00-13h30

FEES PER TERM (3 Months)

Adults:	R 1 785
Scholars:	R 1 650
Pre Scholars:	R 900

EQUIPMENT REQUIRED

Dogi (Karate Suit): 0000-0	=	R420
1-7	=	R500
Shinpads & Gloves:	=	R350

WELGEMOED DOJO CONTACT DETAILS

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PHASED
NUTRITION

梅真館

