



KARATE



Burakudo Shotokan Karate Club

Member of: **Scottish Karate Alliance (SKA) & WORLD UNION of KARATE-do FEDERATIONS**
 Affiliated to: **NAKMAS(UK) National Governing Body**
 Instructor: **Sensei Bill Hair, 5th Dan WUKF (SKA President)**

Day	Time	Place	Class Suitability
Sunday	12.00-1.00pm	Ardrossan St.Peter in chains church	Everyone
	1.30-2.30pm	Irvine –Lanfine COMMUNITY CENTRE	Everyone
	6.00-7.00pm	Stewarton Drama Hall (at tennis courts)	Everyone
	7.30-8.30pm	Troon – Muirhead Activity Centre	Everyone
Monday	4.15-5.15pm	Troon – Loans Scout Hall	Everyone
	6.00-7.00pm	Ayr – Citadel Leisure Centre	Children
	7.00-8.00pm		Youths & Adults
	8.00-9.00pm		Black & Brown Belts
Tuesday	4.30-5.30pm	Irvine – Lanfine Community Centre	Children
	6.30-7.30pm	Prestwick- Prestwick & Monkton North church	Children
	7.30-8.30pm	Prestwick-Prestwick & Monkton North Church	Youths and adults
Wednesday	4.30 -5.30pm	Irvine – Castlepark Community Centre	Everyone
	6.00-7.00pm	Ardrossan – St Peters In Chains Church	Everyone
	7.30-8.30pm	Troon – Loans Scout Hall	Everyone
	8.30-9.30pm		SQUAD TRAINING

Thursday	4.30 – 5.30 pm	Prestwick-Monkton & Prestwick North Church	Everybody
	6.00 – 7.00 pm	DUNDONALD –Montgomerie Hall	Everybody
	7.30 – 8.30 pm	Irvine – Castlepark Community Centre	Everybody
Friday	4.30-5.30pm	Crosshouse Parish Church	Everyone
	6.00-7.00pm	Stewarton Drama Hall (at Tennis Courts)	Beginners
	7.00-8.00pm		Black& brown belts
Saturday	10.00-11.00am	Ayr – Citadel Leisure Centre	Children Beginners
	11.00-12.00noon		Youths & Adults
	12.00-1.00pm		Black & Brown Belts



Well established clubs throughout Ayrshire, since 1993.

For more details check out our website (www.scottishkaratealliance.com) or contact club instructor, Bill Hair on 07979 222 986 or email billhair@sky.com.

Training Fees - Adults: **£3.00** Children, students, unemployed & OAPs: **£2.50**

Family ticket when 3 ,or more members of the same family train together all children £2

