



DUNSTABLE CLUB

Dear Student / Parent,

We will be changing the Sunday classes at Dunstable back to Tuesday evenings.

Your last class on a Sunday will be this Sunday 21st September, 2025.

Your first class on a Tuesday will be on Tuesday 23rd September, 2025.

The venue will remain at the Dunstable Leisure Centre.

Tuesday training times from Tuesday 23rd September will be as follows:

5.15pm – 5.45pm (Activity Room)	Beginners/White belts
5.00pm – 5.45pm (Studio)	Blue, Red, Orange & Yellow Belts
5.45pm – 6.30pm (Studio)	Green, Purple & Purple/White stripes
6.15pm – 7.05pm (Activity Room)	Brown, Brown/White, Brown/Red & Brown/Black stripes
7.05pm – 8.00pm (Activity Room)	Shodans
8.00pm – 9.00pm (Activity Room)	Nidans and above

If you should have any queries, please do not hesitate to contact the Head Office:
office@tiska.com or call me direct on 07885 294418

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Shihan