

Auckland Seido Karate Club - 2026 Term 3 Class Timetable

Day	Time	Class / Grade	Age	Instructors	Classes Held
Monday	6:15 a.m.	Black Belt	Adult	Sensei Murray	
	5:00 p.m.	Beginner / White Belt	Children (7+)	Senpai Nicola	20 Jul - 25 Sep
	6:00 p.m.	Beginner / General	Adult	Sei Shihan Patrick (from 20 July)	
	7:00 - 8:00 p.m.	Green Belt	Adult	Kyoshi Shane	
	8:00 - 8:30 p.m.	Sparring Class (Green belt +)	Adult	Kyoshi Shane	
Tuesday	6:00 a.m.	Bag Class (Gi pants / T Shirt / Bag gloves)	12+ years	Senpai Tony / Ross	
	5:00 p.m.	Blue Belt +	Children (7+)	Senpai Phil	20 Jul - 25 Sep
	6:00 p.m.	Kata - Graded	Adult	Jun Shihan Ed	
	7:00 p.m.	Blue Belt / Yellow Belt	Adult	Senpai Tania	
	8:00 - 8:30 p.m.	Meditation	12+ years	Senpai Gareth	
Wednesday	4:15 p.m.	Tamariki Tigers	Young Children (5-6)	Senpai Andrew / Senpai Adriana	20 Jul - 25 Sep
	5:00 p.m.	Beginner / White Belt	Children (7+)	Senpai Vivian	20 Jul - 25 Sep
	6:00 p.m.	Black Belt - Shodan / Nidan +	Adult	Jun Shihan Lou	See notes ^{a,b}
	7:00 p.m.	Black Belt - Sandan +	Adult	Sei Shihan Patrick	See notes ^a
Thursday	6:00 a.m.	Bag Class (Gi pants / T Shirt / Bag gloves)	12+ years	Senpai Tony / Ross	
	12:30 p.m.	Beginner / General / Open dojo (Gi optional)	All ages (from 7+)	Senpai Kirk / Jayne	Open dojo if Senpai Kirk away
	5:00 p.m.	Blue Belt +	Children (7+)	Kyoshi Julie	20 Jul - 25 Sep
	6:00 p.m.	Beginner / General	Adult	Jun Shihan Scott	
	7:00 - 8:30 p.m.	Brown Belt (incl. sparring)	Adult	Jun Shihan Ed	
Friday	6:00 p.m.	Punch Kick Skills & Drills (Gi pants / T Shirt / Bag gloves)	All ages (from 7+)	Jun Shihan Lou	24 Jul - 25 Sep
Saturday	7:00 a.m.	Black Belt weapons	Adult	Jun Shihan Lou	
	8:00 a.m.	Fitness - Graded (Gi pants / T Shirt / Bag gloves)	Adult	Saturday Surprise (rotating instructors)	
	9:00 a.m.	Whānau Class	All ages (from 7+)	Senpai Alexander & Senpai Andrew	
	10:00 a.m.	Sparring Technique Class (Green belt +)	Adult	Senpai Liam & Senpai Andrew	
	11:00 a.m.	Masters Class	Adult 50+	Jun Shihan Lou	16 May - 8 Aug
Sunday	9:00 - 9:45 am	Iyengar Yoga*			
	10:00 - 10:45 am	Stretch (wear comfy/stretchy clothes)	All ages (from 7+)	Ewan	
	12:00 - 3:00 p.m.	Shamisen*			

^a First Wednesday of month is a combined black belt class (all dan grades train) in alternate locations: Feb, Apr, Jun, Aug, Oct, Dec - 6 pm bag class, 7 pm combined bb class at Bayswater dojo // Mar, May, Jul, Sep, Nov - 7 pm Three Kings dojo

^b Last Wednesday of month sparring class is 6-7 pm for all black belts

* Non karate activities (additional fee applies, non Seido Karate members welcome)

*Iyengar Yoga			Instructor / Contact details	Classes Held
Sunday	9:00 - 9:45 a.m.	https://iyengar-yoga.org.nz/author/nicole-keddie/	Nicole Keddie / nicolekeddie@gmail.com	First class free for Seido students - please email to book prior
*Shamisen (Japanese banjo) - Auckland Tsugaru Shamisen			Instructor / Contact details	Classes Held
Sunday	12:00 - 3:00 p.m.	Advanced	Greg Wong / tsugarushamisenneo@gmail.com	2 nd & 4 th Sunday of month only