

Norfolk area

Style	Day	Location	Start	Finish	Instructor	Ages	
Karate (Shotokan)	Thursday	Norwich - 01	18:00	19:00	Mikey	Mixed	<input type="checkbox"/>
Karate (Shotokan)	Saturday	Norwich - 02	11:00	12:00	Mikey	Mixed	<input type="checkbox"/>

Norwich - 01      NR1 4PA      Pilling Park Community Centre, Pilling Park Road, Norwich  
Norwich - 02      NR1 4AN      Lionwood Infant and Nursery School, Telegraph Lane East, Norwich

Richard                      07742 056 154                      [enquiry@mountainwarriors.com](mailto:enquiry@mountainwarriors.com)

**East Surrey Area**

Style	Day	Location	Start	Finish	Instructor	Ages
Jiu Jitsu	Monday	Horley	18:30	19:30	Mark	Children
Jiu Jitsu	Monday	Horley	19:30	20:30	Mark	Adults
Jiu Jitsu	Monday	Redhill	20:00	22:00	Alex	Adults
Jiu Jitsu	Tuesday	Redhill	19:00	20:00	Adam	Children
Jiu Jitsu	Wednesday	Salfords	18:30	19:30	Mark	Children
Kickboxing	Monday	Redhill	19:00	20:30	Marc	Mixed
Kickboxing	Tuesday	Redhill	Daytime	TBA	Marc	Mixed
Kickboxing	Wednesday	Redhill	17:15	18:15	Marc	Mixed
Kickboxing	Wednesday	Salfords	18:30	19:30	Marc/Richard	Mixed
Karate (Shotokan)	Tuesday	Redhill	18:00	19:00	Phil	Mixed
Karate (Shotokan)	Saturday	Redhill	14:30	16:30	Phil	Mixed
Ninjutsu	Thursday	Salfords	20:00	22:00	Dan	Adult
Ninjutsu	Saturday	Redhill	08:30	10:15	Richard	Mixed
Tai Chi	Thursday	Salfords	20:00	21:00	Joan	Adult

Horley RH6 8AR Church of the English Martyres, Vicarage Lane, Horley, Surrey  
 Redhill RH1 1NZ Redhill Youth Association, Marketfield Way, Redhill, Surrey  
 Salfords RH1 5DG Salfords Village Hall, Honeycrock Lane, Salfords, Surrey

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**East Sussex Area**

Style	Day	Location	Start	Finish	Instructor	Ages
Kickboxing	Tuesday	Polegate	17:30	18:30	Connie	Mixed
Kickboxing	Tuesday	Eastbourne	19:30	20:30	Connie	Adults
Jiu Jitsu	Monday	Brighton	TBA		Brighton	Adults
Jiu Jitsu	Tuesday	Eastbourne	19:30	20:30	Richard	Mixed
Ninjutsu	Tuesday	Eastbourne	20:30	21:30	Richard	Adults
Ninjutsu	Monday	Crawley	18:00	19:00	Dave / Dan	Children
Ninjutsu	Monday	Crawley	19:00	20:00	Dave / Dan	Adult

Brighton	BN2 5HE	valley social centre, whitehawk Way, Brighton, East Sussex
Crawley	RH11 9BA	Broadfield Community Centre, Broadfield Barton, Crawley West Sussex
Eastbourne	BN22 0UT	Trees Community Centre, Holly Place, Eastbourne, East Sussex
Polegate	BN26 6QF	Polegate Community Centre, Windsor Way, Polegate East Sussex

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**West Sussex Area**

<b>Style</b>	<b>Day</b>	<b>Location</b>	<b>Start</b>	<b>Finish</b>	<b>Instructor</b>	<b>Ages</b>
Jiu Jitsu	Monday	Horley	18:30	19:30	Mark	Children
Jiu Jitsu	Monday	Horley	19:30	20:30	Mark	Adults
Jiu Jitsu	Wednesday	Salfords	18:30	19:30	Mark	Children
Kickboxing	Wednesday	Salfords	18:30	19:30	Marc/Richard	Mixed
Ninjutsu	Monday	Crawley	18:00	19:00	Dave / Dan	Children
Ninjutsu	Monday	Crawley	19:00	20:00	Dave / Dan	Adult
Ninjutsu	Thursday	Salfords	20:00	22:00	Dan/Richard	Adult
Tai Chi	Thursday	Salfords	20:00	21:00	Richard	Adult

Crawley                    RH11 9BA    Broadfield Community Centre, Broadfield Barton, Broadfield, Crawley, West Sussex  
Horley                    RH6 8AR    Church of the English Martyres, Vicarage Lane, Horley, Surrey  
Salfords                   RH1 5DG    Salfords Village Hall, Honeycrook Lane, Salfords, Surrey

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**West Surrey Area**

<b>Style</b>	<b>Day</b>	<b>Location</b>	<b>Start</b>	<b>Finish</b>	<b>Instructor</b>	<b>Ages</b>
Kickboxing	Friday	GU21 5JY	17:00	18:00	Charlie	Children
Jiu Jitsu	Friday	GU21 5JY	18:00	19:00	Charlie	Adults
Karate (Shotokan)	Thursday	GU22 9DL	19:30	21:00	Charlie	Adults
Karate (Freestyle)	Thursday	GU22 9DL	18:30	19:30	Diane	Mixed
Ninjutsu	Thursday	GU22 9DL	18:30	19:30	Charlie	Mixed
Kickboxing	Sunday	SL6 3GW	11:00	12:00	Diane	Children
Kickboxing	Sunday	SL6 3GW	12:00	13:00	Diane	Adult

Maidenhead SL6 3GW Woodlands Park Village, Manifold Way, Waltham Road, Maidenhead

Woking GU21 5JY Bishop David Brown, Albert Dr, Woking, Surrey  
GU22 9DL Woking College, Rydens Way, Woking, Surrey

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