



Warners Bay Training Schedule 2020

Commences 21st March

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Monday	Training Room 1 – Downstairs	Training Room 2 – Upstairs	Training Room 3 – Small Upstairs	
4.00 - 4.30PM	Minimites			Kata Day
4.30 - 5.00	Kindymites			
5.00 - 5.45	Dynamites Beginners	Dynamites Intermediate/Advanced	Kindymites	
5.45 - 6.30	Dragons Beginners	Dragons Int & Adv	Dragons Black Belt Prep	
6.30 - 7.15	Adults Beginners	Adult Int & Advanced	BJJ Adults	
7.15 - 8.30		Black Belts	BJJ Advanced	
Tuesday	Downstairs	Upstairs	Upstairs	Kata Day
11.00 - 11.50AM	Karate Day Class			
4.00 - 4.30PM	Minimites			
4.30 - 5.00	Kindymites			
5.00 - 5.45	Dynamites Beginners	Dynamites Advanced	Dynamites Intermediates	
5.45 - 6.30	Dragons Beginners	Dragons Int & Advanced	Kobudo Pandas (Dynamites)	
6.30 - 7.15	Adult Black Belt Prep	Adults Int & Advanced	Adults Beginners	
7.15 - 8.00	Beginners Kobudo	Advanced Kobudo	Women's BJJ	
8.00 - 8.30		Black Belt Kobudo		
Wednesday	Downstairs	Upstairs	Upstairs	Bunkai Day
4.00 - 4.30PM	Minimites			
4.30 - 5.00	Kindymites			
5.00 - 5.45	Dynamites Beginners	Dynamites Intermediate/Advanced	Kindymites	
5.45 - 6.30	Dragons Beginners	Xtreme – Dynamites/Dragons	Matrats BJJ	
6.30 - 7.15	Fight Fit	Dragons Int & Advanced	Brazilian Jiu Jitsu - No Gi	
7.15 - 8.00	Adults Beginners	Adults Intermediate & Advanced		
Thursday	Downstairs	Upstairs	Upstairs	Bunkai Day
11.00 - 11.50AM	Karate Day Class			
4.00 - 4.30PM	Minimites			
4.30 - 5.00	Kindymites			
5.00 - 5.45	Dynamites Beginners	Dynamites Intermediate & Advanced Kumite		
5.45 - 6.30	Nidan Prep	Dragons Int & Advanced	Dragons Beginners	
6.30 - 7.15	Adults Beginners	Dragons & Adults Kumite	BJJ Fundamentals	
7.15 - 8.00		Adults Int & Advanced	BJJ Advanced	
Friday	Downstairs	Upstairs	Upstairs	Bunkai Day
4.00 - 4.30PM	Minimites			
4.30 - 5.00	Kindymites			
5.00 - 5.45	Dynamites Beginners	Dynamites Advanced	Dynamites Intermediates	
5.45 - 6.30	Black Belt Prep	Dragons & Adults Int & Advanced	Dragons & Adults Beginners	
6.30 - 7.00	STORM/Drag/AD Leadership	Advanced Leadership		
7.00 - 8.15		Black Belts		
Saturday	Downstairs	Upstairs	Upstairs	Kata & Bunkai Day
8.15 – 9.00AM	Fight Fit			
8.30 – 9.00AM	Minimites	Kindymites		
9.00 - 9.30AM	Minimites	Kindymites		
9.30 - 10.15	Dynamites Beginners	Dynamites Advanced	Dynamites Intermediates	
10.15 -11.00	Matrats BJJ	Dragons & Adults Kobudo	Kindymites (10.15-10.45)	
11.00 -11.45	Dragons & Adults Beginners	Dragons & Adults Interm & Adv	BJJ Adults	
12.00 – 12.45	Dragons & Adults Bunkai	Advanced Xtreme/Demo Practice	Minimites/Kindymites (12.15-12.45)	
12.45 – 1.30	Beginners Dynamites, Dragons & Adults – Family Focus			
1.30 – 2.15	Intermediate Dynamites, Dragons & Adults – Family Focus			
2.15 – 3.00PM	Advanced Dynamites, Dragons & Adults – Family Focus			



Minimites (3 & 4yrs)



Kindymites (5 & 6yrs)



Dynamites (6-9yrs)



Dragons (9-14yrs)



Adults (14+yrs)