



Warners Bay Training Schedule 2020

STEP 3 - Commences August 10th

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Monday	Training Room 1 – Downstairs	Training Room 2 – Upstairs	Training Room 3 – Small Upstairs	
4.00 - 4.25PM	Minimites			Kata Day
4.30 - 4.55	Kindymites			
5.00 - 5.40	Dynamites Beginners	Dynamites Intermediate/Advanced		
5.45 - 6.25	Dragons Beginners	Dragons Intermediate & Advanced	Dragons Black Belt Prep	
6.30 - 7.10	Adults Beginners	Adult Int & Advanced	BJJ Adults	
7.15 - 8.25		Black Belts	BJJ Advanced	
Tuesday	Downstairs	Upstairs	Upstairs	
4.00 - 4.25PM	Minimites			
4.30 - 4.55	Kindymites			
5.00 - 5.40	Dynamites Beginners	Dynamites Advanced	Dynamites Intermediates	
5.45 - 6.25	Dragons Beginners	Dragons Int & Advanced	Kobudo Pandas (Dynamites)	
6.30 - 7.10	Adult Black Belt Prep	Adults Int & Advanced	Adults Beginners	
7.15 - 7.55	Beginners Kobudo	Advanced Kobudo	Women's BJJ	
8.00 - 8.25		Black Belt Kobudo		
Wednesday	Downstairs	Upstairs	Upstairs	Bunkai Day
4.00 - 4.25PM	Minimites			
4.30 - 4.55	Kindymites			
5.00 - 5.40	Dynamites Beginners	Dynamites Intermediate/Advanced		
5.45 - 6.25	Dragons Beginners	Xtreme – Dynamites/Dragons	Matrats BJJ	
6.30 - 7.10	Brazilian Jiu Jitsu - No Gi	Dragons Int & Advanced		
7.15 - 7.55	Adults Beginners	Adults Intermediate & Advanced		
Thursday	Downstairs	Upstairs	Upstairs	Bunkai Day
11.00 - 11.45AM	Karate Day Class			
4.00 - 4.25PM	Minimites			
4.30 - 4.55	Kindymites			
5.00 - 5.40	Dynamites Beginners	Dynamites Intermediate & Advanced Kumite		
5.45 - 6.25	Nidan Prep	Dragons Int & Advanced	Dragons Beginners	
6.30 - 7.10	Adults Beginners	Dragons & Adults Kumite	BJJ Fundamentals	
7.15 - 7.55		Adults Int & Advanced	BJJ Advanced	
Friday	Downstairs	Upstairs	Upstairs	Bunkai Day
4.00 - 4.25PM	Minimites			
4.30 - 4.55	Kindymites			
5.00 - 5.40	Dynamites Beginners	Dynamites Advanced	Dynamites Intermediates	
5.45 - 6.25	Black Belt Prep	Dragons & Adults Int & Advanced	Dragons & Adults Beginners	
6.30 - 6.55	STORM & Drag/AD Leadership	Advanced Leadership		
7.00 - 8.10		Black Belts		
Saturday	Downstairs	Upstairs	Upstairs	Kata & Bunkai Day
8.30 - 8.55AM	Minimites			
9.00 - 9.25AM	Minimites			
9.30 - 10.10	Dynamites Beginners	Dynamites Advanced	Dynamites Intermediates	
10.15 - 10.55	Matrats BJJ	Dragons & Adults Kobudo		
11.00 - 11.40	Dragons & Adults Beginners	Dragons & Adults Interm & Adv	BJJ Adults	
11.45 - 12.25	Dragons & Adults Bunkai	Advanced Xtreme/Demo Practice		



Minimites (3 & 4yrs)



Kindymites (5 & 6yrs)



Dynamites (6-9yrs)



Dragons (9-14yrs)



Adults (14+yrs)

Please ensure you have booked your classes each week to ensure your place.

- All students and parents entering building must use the sanitising stations upon entry and exit
- Only Minimites & Kindymites classes will have parents in attendance. No audience for all other classes
- Drop off zones will be used for safe drop and pick up for every class and parents must collect children from gated area
- Students are not allowed to congregate before, during or after any classes