

Warners Bay Training Schedule 2020

STEP 3 - Commences October 26th

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Monday	Training Room 1 – Downstairs	Training Room 2 – Upstairs	Training Room 3 – Small Upstairs	
4.00 - 4.25PM	Minimites			
4.30 – 4.55	0 – 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	Kotata
6.30 - 7.10	Adults Beginners	Adult Int & Advanced	BJJ Adults	
7.15 - 8.25		Black Belts	BJJ Advanced	
Tuesday	Downstairs	Upstairs	Upstairs	
11.00 - 11.45AM	Karate Day Class	· ·		
4.00 - 4.25PM	Minimites			
4.30 – 4.55 Kindymites				7
5.00 - 5.40	Dynamites Beginners	Dynamites Intermediate/Advanced	Kindymites	
5.45 - 6.25	Dragons Beginners	Dragons Int & Advanced	Kobudo Pandas (Dynamites)	Kata Day
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	
4.00 - 4.25PM	Minimites			Ι.
4.30 – 4.55	Kindymites			ءَ ا
5.00 - 5.40	Dynamites Beginners	Dynamites Intermediate/Advanced	Kindymites	Rinksi Day
5.45 - 6.25	Dragons Beginners	Xtreme – Dynamites/Dragons	Matrats BJJ	
6.30 - 7.10	Brazilian Jiu Jitsu - No Gi	Dragons Int & Advanced	Fight Fit	
7.15 – 7.55	Adults Beginners	Adults Intermediate & Advanced		
Thursday	Downstairs	Upstairs	Upstairs	
11.00 - 11.45AM	Karate Day Class			
4.00 - 4.25PM	Minimites			٦ ۽
4.30 – 4.55	Kindymites			Brinkai Day
5.00 - 5.40	Dynamites Beginners	Dynamites Intermediate/Advanced	Kindymites	7
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	
4.00 - 4.25PM	Minimites			Bunkai Dav
4.30 – 4.55	0 – 4.55 Kindymites			
5.00 - 5.40	Dynamites Beginners	Dynamites Advanced	Dynamites Intermediates	6
5.45 - 6.25	Black Belt Prep	Dragons & Adults Int & Advanced	Dragons & Adults Beginners	一 :
6.30 - 6.55	STORM & Drag/AD Leadership Advanced Leadership		-	a
7.00 - 8.10		Black Belts		
Saturday	Downstairs	Upstairs	Upstairs	,
8.30 – 8.55AM	Minimites	Kindymites	8.00 – 8.45AM - Fight Fit	Rinkai Day
9.00 - 9.25AM	Minimites	Kindymites		
9.30 - 10.10	Dynamites Beginners	Dynamites Advanced	Dynamites Intermediates	7
10.15 -10.55	Matrats BJJ	Dragons & Adults Kobudo		%
11.00 -11.40	Dragons & Adults Beginners	Dragons & Adults Interm & Adv	BJJ Adults	Koto &
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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