



Warners Bay Training Schedule 2020

STEP 3 - Commences September 21st

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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 | |
| 11.00 - 11.45AM | Karate Day Class | | | |
| 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 | Fight Fit | |
| 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 | Kindymites | 8.00 - 8.45AM - Fight Fit | |
| 9.00 - 9.25AM | Minimites | Kindymites | | |
| 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