



# Morisset Schedule

Effective Monday 28<sup>th</sup> August

Monday	UP	DOWN
4.00-4.40		KINDYMITES 3-5 years
4.40-5.30	DYNAMITES BLUE AND UP	DYNAMITES WHITE TO GREEN
5.30-6.20	DRAGONS GREEN AND UP	DRAGONS WHITE TO RED
6.20-6.50	LEADERSHIP	
6.50-7.40	ADULTS GREEN AND UP	ADULTS WHITE TO RED
Tuesday	UP	DOWN
10.00 – 11.00am	DAY CLASS	
4.00-4.40		KINDYMITES 3-5 years
4.40-5.30		DYNAMITES 6-9 years
5.30-6.20	BLACK BELT PREP	
6.20-7.10	DRAGONS/ADULTS GREEN AND UP	DRAGONS/ADULTS BEG/INT
7.10-8.00	BJJ	
Wednesday	UP	DOWN
6.15-7.00	FIGHT FIT	
9:45 – 10:30am	KINDERKICKS JUMPING JOEY 18mth – 3 years	
4.00-4.40		KINDYMITES 3-5 years
4.40-5.30	DYNAMITES BLUE AND UP	DYNAMITES WHITE TO GREEN
5.30-6.20	DRAGONS WHITE TO 1 <sup>ST</sup> KYU	BLACK BELT CLASS
6.20-7.10	KUMITE	
7.10-8.00	ADULTS ALL LEVELS	
Thursday	UP	DOWN
4.00-4.45	DYNAMITES BLUE AND UP	DYNAMITES WHITE TO GREEN
4.45-5.30	XTREME	DRAGONS WHITE TO RED
5.30-6.20	DRAGONS GREEN AND UP	BLACK BELT PREP
6.20-7.10	KOBUDO	
7.10-8.00	ADULTS ALL LEVELS	
8.00-8.45	FIGHT FIT	
Friday – Family Express Clinics UP	DOWN	
4.00-4.30		KINDYMITES 3-5 years
4.30-5.00		*BEGINNERS EXPRESS 6 years to adults
5.00-5.30		*INTERMEDIATE EXPRESS 6 years to adults
5.30-6.00		*ADVANCED EXPRESS 6 years to adults
Saturday – Family Day UP	DOWN	
8.30-9.15	FIGHT FIT	KINDYMITES 3-5 years 8.30-9.10am
9.15-10.00		*BEGINNERS
10.00-10.45		*INTERMEDIATES 6 years to adults
10.45-11.30		*ADVANCED 6 years to adults
11.30-12.30	Pretesting Clinic - Monthly Dates TBA	



Kindymites 3-5 years,



Dynamites 6-9 years,



Dragons 10-14 years

\*Beginners – White to 9<sup>th</sup> kyu,

\*Intermediates Yellow to Red (Green Dynamites),

\*Advanced Green (Blue Dynamites) and up

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