



Warners Bay Training Schedule 2022

Commences January 4th

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Monday	4.00 - 4.30PM	Minimites		Kata Day	
	4.30 - 5.00	Kindymites			
	5.00 - 5.45	Dynamites	5.00 - 5.30PM - Kindymites		
	5.45 - 6.30	Dragons			
	6.30 - 7.15	Adults	BJJ Adults		
	7.15 - 8.15	Black Belts	BJJ Advanced		
Tuesday	11.00 - 11.45AM	Karate Day Class			Kata Day
	4.00 - 4.30PM	Kindymites			
	4.30 - 5.00	STORM Leadership (Term 1)			
	5.00 - 5.45	Dynamites			
	5.45 - 6.30	Dragons	Kobudo Pandas (Dynamites)		
	6.30 - 7.15	Adults	Black Belt Prep		
	7.15 - 8.00	Beginners Kobudo	Women's BJJ		
	8.00 - 8.40	Black Belt Kobudo			
Wednesday	4.30 - 5.00PM	Kindymites			Bunkai Day
	5.00 - 5.45	Dynamites	5.00 - 5.30PM - Kindymites		
	5.45 - 6.30	Dragons Beginners	Xtreme - Dynamites/Dragons	Matrats BJJ	
	6.30 - 7.15	Dragons Int & Advanced		Fight Fit	
	7.15 - 8.00	Adults			
Thursday	11.00 - 11.45AM	Karate Day Class			Bunkai Day
	4.00 - 4.30PM	Minimites			
	4.30 - 5.00	Kindymites			
	5.00 - 5.45	Dynamites	5.00 - 5.30PM - Kindymites		
	5.45 - 6.30	Nidan Prep	Dragons		
	6.30 - 7.15	Adults Beginners	Dragons & Adults Kumite	BJJ Fundamentals	
	7.15 - 8.00	Adults Intermediate & Advanced		BJJ Advanced	
Friday	4.00 - 4.30PM	Minimites)Bunkai Day
	4.30 - 5.00	Kindymites			
	5.00 - 5.45	Dynamites			
	5.45 - 6.30	Black Belt Prep	Dragons & Adults		
	6.30 - 7.00	Dragons & Adults Leadership (Term 1)			
	7.00 - 8.15	Black Belts			
Saturday	7.45 - 8.30AM	Fight Fit			Kata & Bunkai
	8.30 - 9.00AM	Kindymites			
	9.00 - 9.30AM	Minimites	Kindymites		
	9.30 - 10.15	Dynamites			
	10.15 - 11.00	Dragons & Adults Beginners	Dynamites Pre-Testing – Instructor Invite Only		
	11.00 - 11.45	Dragons & Adults Kobudo	11.00 - 11.30 – Minimites & Kindymites		
	11.45 - 12.30PM	Dragons & Adults Kata - Intermediates & Advanced			
	12.30 - 1.15	Dragons & Adults Bunkai - Intermediates & Advanced			
	1.15 - 2.00PM	Dragons & Adults Pre-Testing - Instructor Invite Only			



Minimites (3-4yrs)



Kindymites (5-6yrs)



Dynamites (6-9yrs)



Dragons (9-14yrs)



Adults (14+yrs)

Please make sure you have booked your classes. If you are having any trouble booking, call us!

- All students must have booked in to attend classes. If you haven't booked, you will be turned away
- All students and parents entering building must use the sanitising stations upon entry and exit
- Classes are limited to 20 & also with 2 square metre capacity restrictions
- One spectator with students, who must sanitise and check in with QR Code prior to entry
- If you have been sick, been overseas in the past 21 days or in contact with someone who is sick, you are not permitted to attend classes. This allows us to ensure that everyone can train in a safe and clean environment