



Warners Bay Training Schedule 2022

Commences 10th October

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Monday	4.00 - 4.30PM	Minimites		Kindymites	Kata Day	
	4.30 - 5.15	Beginner Dynamites		4.30PM - 5.00PM - Kindymites		
	5.15 - 6.00	Intermediate & Advanced Dynamites		Beginner Dragons		
	6.00 - 6.45	Intermediate & Advanced Dragons		Family Fight Fit		
	6.45 - 7.30	Adults - All Levels		BJJ Fundamentals		
	7.30 - 8.30PM	Black Belts		BJJ Intermediates & Advanced		
Tuesday	11.00 - 11.45AM	Karate Day Class				Kata Day
	4.00 - 4.30PM	Kindymites				
	4.30 - 5.15	Beginner Dynamites		Kobudo Pandas		
	5.15 - 6.00	Intermediate & Advanced Dynamites		Beginner Dragons		
	6.00 - 6.45	Intermediate & Advanced Dragons		Black Belt Prep		
	6.45 - 7.30	Adults - All Levels		Beginners Kobudo		
	7.30 - 8.15	Advanced Kobudo		Women's BJJ		
Wednesday	4.00 - 4.30PM	Kindymites				Bunkai Day
	4.30 - 5.15	Beginner Dynamites	Xtreme	Matrats BJJ		
	5.15 - 6.00	Intermediate & Advanced Dynamites		Beginner Dragons		
	6.00 - 6.45	Intermediate & Advanced Dragons		Fight Fit		
	6.45 - 7.30PM	Adults – All Levels				
	11.00 - 11.45AM	Karate Day Class				
Thursday	3.30 - 4.00PM	Minimites				Bunkai Day
	4.00 - 4.30	Kindymites				
	4.30 - 5.15	Kindymites		Beginner Dynamites		
	5.15 - 6.00	Intermediates & Advanced Dynamites		Beginner Dragons		
	6.00 - 6.45	Intermediate & Advanced Dragons		Nidan Prep		
	6.45 - 7.30	Dragons & Adults Kumite		BJJ Fundamentals		
	7.30 - 8.15PM	Adults – All Levels		BJJ Intermediates & Advanced		
	3.30 - 4.00PM	Minimites				
4.00 - 4.30	Kindymites					
5.00 - 5.45	Dynamites - All Levels					
5.45 - 6.30	Dragons & Adults		Black Belt Prep			
6.30 - 7.00	Dragons & Adults Leadership - Drills & Skills					
7.00 - 8.15	Black Belts					
Saturday	8.30 - 9.00AM	Kindymites				Kata Day
	9.00 - 9.30AM	Minimites		Kindymites		
	9.30 - 10.15	Dynamites - All Levels				
	10.15 - 11.00	Dragons & Adults – All Levels				
	11.00 - 11.45	Dragons & Adults Kobudo		11.00 - 11.30 - Minimites & Kindymites		



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!

- Classes can be booked one month in advance, up to 30 minutes before
- Please cancel any class you cannot attend – This will also allow you to make it up later
- If you cannot book your classes, please call us as you are not able to attend without a booking

ありがとうございました – Thank you very much