

Warners Bay Training Schedule 2022

Commences February 6th

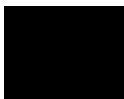
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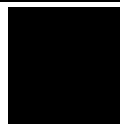
Monday	3.30- 4.00	Minimites			Kata Day
	4.00 -4.30	Kindymites	4.30 - 5.00 - Kindymites		
	5.00 - 5.45	Dynamites			
	5.45 - 6.30	Dragons Family Fight Fit			
	6.30 - 7.15	Adults	BJJ Adults		
	7.15 - 8.15	Black Belts	BJJ Advanced 8.00pm		
Tuesday	11.00 - 11.45AM	Karate Day Class			Kata Day
	4.00 – 4.30PM	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	4.00 – 4.30PM	Kindymites	4.30pm-5.00pm Kindymites		Bunkai Day
	5.00 - 5.45	Dynamites			
	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
	3.30 - 4.00PM	Minimites			
	4.00 - 4.30	Kindymites	4.30-5.00pm Kindymites or mini matrats		
	5.00 - 5.45	Dynamites			
	5.45 - 6.30	Nidan Prep	Dragons		
	6.30 - 7.15		Dragons & Adults Kumite	BJJ Fundamentals	
	7.15 - 8.00	Adults All levels	BJJ Advanced		
Friday	3.30 - 4.00	Minimites)Bunkai Day
	4.00 - 4.30	Kindymites	4.30-4.45 pretesting clinic		
	4.45- 5.30	Dynamites			
	5.30 - 6.15	Black Belt Prep	Dragons & Adults		
	6.15 - 7.00	Dragons & Adults Leadership (Term 1)			
	7.00 - 8.15	Black Belts			
Saturday					Kata & Bunkai
	8.30 - 9.00AM	Kindymites			
	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!

- 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