



Warners Bay Training Schedule 2023

Commences July 31st

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| | | | | | |
|-----------|-----------------|--|--|------------------------------|---------------|
| Monday | 4.00 - 4.30PM | Minimites | | | Kata Day |
| | 4.30 - 5.00 | Kindymites | | | |
| | 5.00 - 5.45 | Dynamites - All Levels | | | |
| | 5.45 - 6.30 | Dragons - All Levels | Family Fight Fit | | |
| | 6.30 - 7.15 | Adults - All Levels | Brazilian Jiu Jitsu Fundamentals | | |
| | 7.15 - 8.15 | Black Belts | 7.15 - 8.00PM - BJJ Intermediates & Advanced | | |
| Tuesday | 10.30 - 11.00AM | <i>Kinder Kicks - Jumping Joeys (18 months to 3 years)</i> | | | Kata Day |
| | 11.00 - 11.45AM | Karate Day Class | | | |
| | 4.00 - 4.30PM | Minimites | | | |
| | 4.30 - 5.00PM | Kindymites | | | |
| | 5.00 - 5.45 | Dynamites - All Levels | | | |
| | 5.45 - 6.30 | Dragons - All Levels | Kobudo Pandas (Dynamites) | | |
| | 6.30 - 7.15 | Adults - All Levels | Black Belt Prep | | |
| | 7.15 - 8.00 | Dragons & Adults Kobudo | Women's Brazilian Jiu Jitsu | | |
| Wednesday | 4.00 - 4.30PM | Kindymites | | | Bunkai Day |
| | 4.30 - 5.00 | <i>Mini Matrats - Brazilian Jiu Jitsu (3 to 6 years)</i> | | | |
| | 5.00 - 5.45 | Dynamites - All Levels | | | |
| | 5.45 - 6.30 | Dragons Beginners | Xtreme - Dynamites/Dragons | Matrats BJJ | |
| | 6.30 - 7.15 | Dragons Intermediates & Advanced | Fight Fit | | |
| | 7.15 - 8.00 | Adults - All Levels | | | |
| 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 - All Levels | | | |
| | 5.45 - 6.30 | Dragons - All Levels | Nidan Prep | | |
| | 6.30 - 7.15 | Dragons & Adults Kumite | Brazilian Jiu Jitsu Fundamentals | | |
| | 7.15 - 8.00 | Adults - All Levels | BJJ Intermediates & Advanced | | |
| Friday | 11.00 - 12.00PM | <i>Wise Warriors - Over 55's</i> | | | Bunkai Day |
| | 3.30 - 4.00PM | Minimites | | | |
| | 4.00 - 4.30 | Kindymites | 4.30 - 4.45 - Pre-Testing Clinic (Invite Only) | | |
| | 4.45 - 5.30 | Dynamites - All Levels | | | |
| | 5.30 - 6.15 | Black Belt Prep | Dragons & Adults - All Levels | | |
| | 6.15 - 7.00 | Dragons & Adults Leadership - Drills and Skills | | | |
| | 7.00 - 8.15 | Black Belts | | | |
| Saturday | 8.30 - 9.00AM | Kindymites | | | Kata & Bunkai |
| | 9.00 - 9.30 | Minimites | Kindymites | | |
| | 9.30 - 10.15 | Dynamites - All Levels | | | |
| | 10.15 - 11.00 | Dragons & Adults - Kata | | | |
| | 11.00 - 11.45 | Dragons & Adults - Bunkai | Dragons & Adults Kobudo | 11.00 - 11.30 - Mini & Kindy | |

Minimites



3 & 4 years

Kindymites



5 & 6 years

Dynamites



6 to 9 years

Dragons



9 to 14 years

Adults



14 and up

BJJ



Kids & Adults

Fight Fit



Kickboxing

Kobudo



Weaponry

Please make sure you have booked your classes.

If you are having any trouble booking, call us!

- No shoes on the mats for students or spectators
- No food or drink (aside water) in dojo at any time
- No jewellery, watches, Fitbits, etc to be worn in class