



# Warners Bay Training Schedule 2017

Phone: 4956 8876

Monday	Dojo 1 – Downstairs	Dojo 2 - Upstairs	Dojo 3 - Upstairs	
11.30 - 1.00	Staff Training – All instructors welcome to attend			Kata Focus –A Day BJJ and Fightfit
3.50 - 4.30	Kindymites	Kindymites Advanced		
4.30 – 5.15	Dynamites Beginners	Dynamites Intermediate	Dynamites Advanced	
5.15 - 6.00	Dragons Beginners	BJJ Dynamites/Dragons	BJJ Fundamentals	
6.00 - 6.50	Brazilian Jiu Jitsu Adults	Dragons Int/Advanced	Fight Fit – Fitness Kickboxing	
6.50 - 7.40	Adult Beginners	Adult Yellow to Black	7.00 – 7.30 Advanced BJJ	
7.40 - 8.30	Black Belts			
Tuesday	Downstairs	Upstairs	Upstairs	
11.00 - 12.00	Karate Day Class			Kata Focus- A Day Weapons
3.50 - 4.30	Kindymites	Kindymites Advanced		
4.30 – 5.15	Dynamites Beginners	Dynamites Intermediate	Dynamites Advanced	
5.15 - 6.00	Dragons Beginners	Junior Kobudo Dyna/Dragons		
6.00 - 6.50	Black Belt Prep	Dragons Int/Advanced	Womens and Girls BJJ	
6.50 – 7.40	Adult Beginners	Adult Intermediate/Advanced		
7.40 – 8.30		Adult Kobudo		
Wednesday	Downstairs	Upstairs	Upstairs	
9.30 - 10.15	Kinder Kicks – 2 and 3 Yrs			Bunkai Focus – B Day XTreme
10.30 - 11.20	Fight Fit –Fitness Kickboxing			
3.50 - 4.30	Kindymites	Kindymites Advanced		
4.30 – 5.15	Dynamites Beginners	Dynamites Intermediate	Dynamites Advanced	
5.15 – 6.00	Dragons Beginners	Junior Xtreme Dyna/Dragons	Boxing Basics	
6.00 – 6.50	Fight Fit –Fitness Kickboxing	Dragons Int/Advanced	Brazilian Jiu Jitsu – No Gi	
6.50 – 7.40	Adult Beginners	Adult Yellow to Black		
7.40 – 8.30		Black Belt Prep		
Thursday	Downstairs	Upstairs	Upstairs	
11.00 - 12.00	Karate Day Class			Bunkai Focus- B Day Sparring and BJJ
3.50 - 4.30	Kindymites	Kindymites Advanced		
4.30 - 5.15	Dynamites Beginners	Dynamites Intermediate	Dynamites Advanced	
5.15 – 6.00	Dragons Beginners	Dragons Int/Advanced Bunkai	Junior Black Belt	
6.00 – 6.50	Fight Fit –Fitness Kickboxing	6.00 – 7.00 Dragons/Adults Sparring	6.15 – 7.00 BJJ Fundamentals	
6.50 – 7.40	Adult Beginners		7.00 -7.30 Advanced BJJ	
7.00 – 7.50		Adults Bunkai Advanced		
Friday	Downstairs	Upstairs	Upstairs	
10.30 -11.30	Fight Fit –Fitness Kickboxing			Bunkai Focus B Day Leadership
3.50 – 4.30	Kindymites	Kindymites Advanced		
4.30 – 5.15	Dynamites Beginners	Dynamites Intermediate	Dynamites Advanced	
5.15 – 6.00	Dragons/Adults Beginners	Dragons/Adults Int/Advanced		
6.00 – 6.30	Leadership	Demo Team 6.00 - 7.15		
6.30 - 7.15	Black Belt Prep		C/C Black Belt Prep.	
7.15 - 8.15		Black Belts		
Saturday	Downstairs	Upstairs	Dojo 3	
9:00 – 9:50	Kindymites	Dynamites Beginners	Drag/Adult Beginners	Kata Focus A Day
9:50 - 10.40	Dynamites Yellow to Black	Drag/Adults Green to Black	Drag/Adults Y. to Red	
10.40 - 11.30	Kobudo	Dragons/Adults Bunkai	BJJ Open Mat - Monthly	
11.30	Seminars, Birthday Parties, Special Events			