



Belmont North Roster

Commencing 1st February 2016

Phone 49458876

Time	Dojo 1 – Ground Floor	Dojo 2 - Upstairs	Introduction
Monday			
4.00 – 4.40	Kindymites		Kindy/Dyna Intro.3.30
4.40 – 5.30	Dynamites all levels		
5.30 – 6.20	Dragons/Adults all levels		Dragon/Adult Intro. 5.00
6.20 – 7.00	Dragons/Adults (Yellow and Above)		
7.00 – 7.50	Dragons/Adults Brown and Black		
Tuesday			
4.00 – 4.40	Dynamite Beginners (White, 10thkyu, 9 th Kyu)		Dynamites Intro 3:30
4.40 – 5.30	Dynamites Int & Adv (Yellow and Above)		
5.30 – 6.20	Xtreme	Dynamites Advanced extension class	
6.20 – 7.10	Dragons/Adults		Dragon Intro 5.50
7.10 – 7.50	Chitokai Kobudo (Weapons)		
Wednesday			
4.00 – 4.40	Kindymites		Kindymites Intro 3:30
4.40 – 5.30	Dynamites all levels		
5.30 – 6.20	Dragons/Adults		
6.20 – 7.00	Kumite		Dragon/Adult Intro.5.50
7.00 – 7.50	Adults /Dragons		
Thursday			
4.00 – 4.40	Dynamites Beginners (White 10 th 9 th Kyu)		Dynamites Intro.3.30
4.40 – 5.30	Dynamites (Yellow and above)		
5.30 – 6.10	Leadership		Dragon/Adult Intro.5.10
6.10 – 7.00	Dragons/Adults		
7.00 – 7.50	Dragons/Adults (Green and Above)		
No Classes on Fridays			
Saturday – Family Day			
8.30 – 9.00			Kindy Intros 8.30
9.00 – 9.40	Kindymites		Dyn/Drag/Ad Intros 9.10
9.40. – 10.30	Beginner White, 10 th , 9 th Kyu Dyn/Dragon/Adults		
10.30 – 11.10	Intermediate Yellow to Red Dyn/Dragon/Adults		
11.10 – 12.00	Advanced Green to Black Dyn/Dragon/Adults		