



Morisset Schedule

From 10th October 2016

Monday	
4:00 - 4:40pm	Kindymites
4:40 - 5:30pm	Dynamites
5:30 - 6:20pm	Dragons
6:20 - 7:00pm	Leadership
7:00 - 7:50pm	Adults
7:50 - 8:40pm	Black Belt Prep
Tuesday	
6:15 - 7:00am	Fight Fit
10.00 - 11.00am	Day Class
4.00 - 4.50pm	Dynamites
4.50 - 5.40pm	Dragons
5.40 - 6.30pm	Black Belt Prep
6.30 - 7.20pm	Adults
7:20 - 8:10pm	BJJ
Wednesday	
9:30 - 10:15am	Kinder Kicks
4:00 - 4:40pm	Kindymites
4:40 - 5:30pm	Dynamites
5:30 - 6:20pm	Dragons
6:20 - 7:10pm	Kumite
7:10 - 8:00pm	Adults
Thursday	
6:15 - 7:00am	Fight Fit
4.00 - 4.50pm	Dynamites
4.50 - 5.40pm	XTreme
5.40 - 6.30pm	Dragons
6.30 - 7.20pm	Adults
7.20 - 8.10pm	Fight Fit
8.10 - 8.30pm	Extension Advance Fight Fit
Friday	
4:00 - 4:40pm	Kindymites
4:40 - 5:30pm	Dynamites
5:30 - 6:20pm	Dragons/Adults
Saturday - Family Day	
7.45 - 8.30am	Cardio Combat/Fight Fit
8.30 - 9.10am	Kindymites
9.10 - 10.00am	Beginner Dynamites, Dragons, Adults
10.00 - 10.50am	Intermediate Dynamites, Dragons, Adults
10.50 - 11.40am	Advanced Dynamites, Dragons, Adults



Kindymites 3-5 years,



Dynamites 6-9 years,



Dragons 10-14 years

Beginners - White to 9th kyu,
 Intermediates Yellow to Red (Green Dynamites),
 Advanced Green (Blue Dynamites) and up

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