



Warners Bay Training Schedule 2016

Commences July 15th

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		
6.00 - 6.50	Brazilian Jiu Jitsu Adults	Dragons Int/Advanced	Fight Fit – Cardio Combat	
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	Kata Focus- A Day Weapons
11.00 - 12.00	Karate Day Class			
12.15 – 1.00	Fight Fit Express			
3.50 - 4.30	Kindymites	Kindymites Advanced	Kinder Kicks - Leadership Lion	
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	Bunkai Focus – B Day XTreme
9.30 - 10.15	Kinder Kicks – Jumping Joey			
10.30 - 11.20	Fight Fit - Cardio Combat			
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		
6.00 – 6.50	Fight Fit - Cardio Combat	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	Bunkai Focus- B Day Sparring and BJJ
11.00 - 12.00	Karate Day Class			
12.15 – 1.00	Fight Fit Express			
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 – 7.00	Fight Fit - Cardio Combat	Dragons/Adults Sparring	6.00 – 6.45 BJJ Fundamentals	
7.00 – 7.50	Adult Beginners	Adults Bunkai Advanced	6.45 -7.45 Advanced BJJ	
Friday	Downstairs	Upstairs	Upstairs	Bunkai Focus B Day Leadership
10.30 -11.30	Fight Fit - Cardio Combat			
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 – 6.45	Black Belt Prep	Demo Team 6.00 - 7.15	C/C Black Belt Prep.	
6.45 - 7.15	Leadership – All instructors and assistants – all dojos			
7.15 - 8.15		Black Belts		
Saturday	Downstairs	Upstairs	Dojo 3	Kata Focus A Day
9:00 – 9:50	Kindymites	Dynamites Beginners	Drag/Adult Beginners	
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			