



Green Hills Schedule

From Monday 29th May Phone: 49568876

Monday		Introduction
3:50 - 4:30pm	Kindymites	3:30 Kindymites
4:30 - 5:15pm	Dynamites	4:15 Dynamites
5:15 - 6:00pm	Dragons	5:00 Dragons
6:00 - 6:50pm	Adults	5:45 Adults
6:50 - 7:40pm	Fight Fit	6:40 Fight Fit
Tuesday		
3:50 - 4:30pm	Kindymites	3:30 Kindymites
4:30 - 5:15pm	Dynamites	4:15 Dynamites
5:15 - 6:00pm	Dragons	5:00 Dragons
6:00 - 6:50pm	Adults	5:45 Adults
Wednesday		
3:50 - 4:30pm	Kindymites	3:30 Kindymites
4:30 - 5:15pm	Dynamites	4:15 Dynamites
5:15 - 6:00pm	Dragons	5:00 Dragons
6:00 - 6:50pm	Adults	5:45 Adults
6:50 - 7:40pm	Fight Fit	6:40 Fight Fit
Thursday		
3:50 - 4:30pm	Kindymites	3:30 Kindymites
4:30 - 5:15pm	Dynamites	No Dynamites intro
5:15 - 6:00pm	Dragons	5:00 Dragons
6:00 - 6:50pm	Adults	5:45 Adults
Saturday - Family Day		
9.00 - 9.40am	Kindymites	8:45 Kindymites
9.50 - 10.40am	Dynamites	9:40 Dynamites
10:50 - 11.40am	Dragons/Adults	10:40 Dragons/ Adults



Kindymites 3-5 years,



Dynamites 6-9 years,



Dragons 10-14 years



Adults 14 years +



Fight Fit

Adult's classes and Fight Fit classes available for ages 14 and up.

Adults may attend Dragons classes if needed.

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