
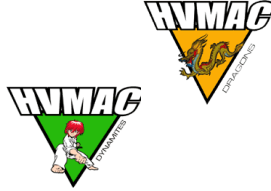
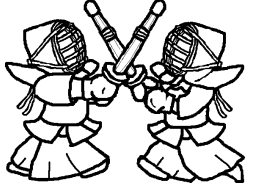
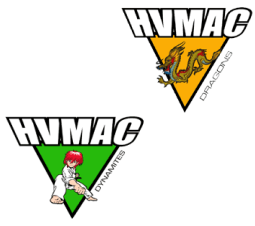


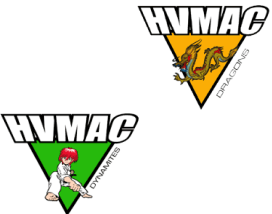





Hunter Valley Martial Arts Centre Redhead January 2020 School Holiday Fun Classes

Welcome back!

Don't miss out these school holidays as we have some fun with special activities during class. Bring a friend with you and show them how awesome karate can be.

Monday, 6 th Jan	Tuesday, 7 th Jan	Wednesday, 8 th Jan	Thursday, 9 th Jan	Saturday, 11 th Jan
<p>Monday Madness with relays & races</p> 	<p>Dodgy Dodgeball Thursday</p> <p>How quick are you in the ultimate game of Dodgeball?</p> 	<p>Whacky Wednesday Kumi Bo Craziiness</p> <p>Learn to use a bo in class today!</p> 	<p>Double Stripe Thursday</p> <p>Work so nice, get <i>striped twice</i> today!</p> 	<p>Soft Baton Saturday</p> <p>Soft Baton sparring in every class today!</p> 
Monday, 13 th Jan	Tuesday, 14 th Jan	Wednesday, 15 th Jan	Thursday, 16 th Jan	Saturday, 18 th Jan
<p>Zooper Dooper Super Hero Monday</p> <p>Wear a super hero costume & get a Zooper Dooper ice block after class.</p> 	<p>Double Stripe Tuesday</p> <p>Work so nice, get <i>striped twice</i> today!</p> 	<p>Whacky Wednesday Boom Boom Balloons</p> <p>How good are you at controlling a balloon especially when it's on a parachute!</p> 	<p>Tricks 'n' Flips Thursday</p> <p>Flips, tricks, kicks and twists. Create a team extreme routine!</p> 	<p>Sumo Saturday</p> <p>Compete against your classmates to find the sumo champion!</p> 
Monday, 20 th Jan	Tuesday, 21 st Jan	Wednesday, 22 nd Jan	Thursday, 23 rd Jan	Saturday, 25 th Jan
<p>Double Stripe Monday</p> <p>Work so nice, get <i>striped twice</i> today!</p> 	<p>Team Kata Tuesday</p> <p>Work with your peers to perform your best team kata.</p> 	<p>Whacky Shirt Wednesday</p> <p>Wear a whacky t-shirt with your gi pants. Don't forget your belt!</p> 	<p>Thrilling Thursday Ultimate obstacle course</p> <p>How good is your balance, coordination and fitness?</p> 	<p>DOJO CLOSED</p> <p>Classes as normal on Monday 27th January</p> 