



# Hunter Valley Martial Arts Centre

## Morisset Schedule

Effective from 8 January 2024

TIME	MONDAY		
4:00-4:30	Minimites/Kindymites		MONDAY KATA FOCUS
4:30-5:15	Dynamites all levels		
5:15-6:00	Dragons/Adults all levels Kata		
6:00-7:00	Black Belt Prep		
7:00-8:00	Black Belt Class		
TIME	TUESDAY		
9:45-10:15	Resume February 2024 - Jumping Joeys 18months to 3 years		TUESDAY KATA FOCUS
10:30-11:25	Day Class		
11:30-12:15	Wise Warriors – Over 50s martial arts		
4:00-4:30	Minimites/Kindymites		
4:30-5:15	Dynamites all levels		
5:15-6:00	Dragons/Adults Beginners	Kobudo Pandas	
6:00-6:45	Dragons/Adults Kata	Fight Fit all levels	
6:45-7:30	Senior Kobudo		
7:30-8:00	Senior Kobudo advanced extension		
TIME	WEDNESDAY		
4.00-4.30	Minimites/Kindymites		WEDNESDAY BUNKAI FOCUS
4.30-5.15	Dynamites all levels		
5.15-5.30	1 <sup>st</sup> kyu and Black Belt Dynamites		
5:30-6:15	Wise Warriors – Over 50s martial arts	Kumite	
6:15-7:00	Dragons/Adults Bunkai all levels		
7:00-7:30	Dragons/Adults Advanced Bunkai extension		
TIME	THURSDAY		
4.00-4.45	Dynamites all levels		THURSDAY BUNKAI FOCUS
4:45-5:30	XTreme		
5:30-6:15	Dragons Bunkai all Levels		
6:15-6:45	Leadership		
6:15-7:00	Fight Fit all levels		
6:45-7:30	Adults Bunkai all levels		
TIME	SATURDAY		
9:00-9:30	Minimites/Kindymites		SATURDAY KATA and BUNKAI
9:30-10:15	Dynamites all levels		
10:15-10:30	Dynamites Advanced extension		
10:30-11:15	Dragons/Adults all levels Kata and Bunkai		
11:15-11:45	Dragons/Adults Advanced extension level Kata and Bunkai		

Minimites/Kindymites 3-5 years, Dynamites 6-9 years, Dragons/Adults from 9 years

- All classes must be booked via Clubworx
- Please do not attend class if you are unwell
- Catch up any missed classes at your convenience

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