



HVMAC REDHEAD SCHEDULE

Effective from 2nd August, 2021

Monday		
4.00-4.30pm	Minimites & Kindymites	Kata Focus
4.40-5.25pm	Dynamites	
5.30-6.15pm	Dragons/Adults	
6.20-7.05pm	Black Belt Prep	
7.10-7.55pm	Dragons/Adults	
Tuesday		
4.00-4.45pm	Dynamites	Kata Focus
4.50-5.35pm	Dragons/Adults	
5.40-6.25pm	Kumite	
6.30-7.15pm	Dragons/Adults	
7.20-8.05pm	Black Belt Class	
Wednesday		
4.00-4.30pm	Minimites & Kindymites	Bunkai Focus
4.40-5.25pm	Dynamites	
5.30-6.15pm	Kobudo Pandas	
6.20-7.05pm	Dragons/Adults	
7.10-7.55pm	Senior Kobudo	
Thursday		
4.00-4.30pm	Minimites & Kindymites	Bunkai Focus
4.40-5.25pm	Dynamites	
5.30-6.15pm	Dragons/Adults	
6.20-7.05pm	Senior Leadership	
7.10-7.55pm	Dragons/Adults	
Saturday		
9.00-9.30am	Minimites & Kindymites	Kata & Bunkai Focus
9.40-10.25am	Dynamites	
10.30-11.15am	Dragons/Adults : Kata Clinic	
11.20-12.05pm	Dragons/Adults : Bunkai Clinic	
12.10-12.40pm	Demo Team (by invitation only)	

- Students should not attend the centre if they are sick, have been overseas, in a COVID hot spot in the last 14 days or been in contact with someone who has tested positive for Covid19.
- All students MUST book-in to their class via their Clubworx member portal.
- Students over the age of 12 must wear a mask and practice physical distancing rules where and when possible as per current NSW Health COVID restrictions.
- We request that all students and visitors entering the building sanitise on entry and exit.
- All visitors must register their contact details when entering the dojo as per contact tracing guidelines.
- Under current restrictions, we can allow 48 people in the dojo, excluding instructors. Depending on the number of students in the class, we may need to limit the number of spectators per class and at gradings.
- There will be a changeover time of 5 minutes between classes to control numbers.
- Students are expected to leave the dojo once their class is finished and will not be allowed to congregate before or after their class.

HVMAC Redhead

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