



HVMAC REDHEAD SCHEDULE

Effective from 12th October 2020

TIME	CLASS
Monday	
4.00-4.30	Minimites & Kindymites
4.40-5.25	Dynamites – Beginner/Intermediate
5.30-6.15	Dynamites – Advanced
6.20-7.05	Dragons / Adults – Beginner/Intermediate
7.10-7.55	Dragons / Adults – Advanced
Tuesday	
4.00-4.30	Kobudo Pandas
4.40-5.25	Dynamites – All Levels
5.30-6.15	Senior Leadership
6.20-7.05	Dragons / Adults – All Levels
7.10-7.55	1 st Kyu and Black Belts
Wednesday	
4.00-4.30	Minimites & Kindymites
4.40-5.25	Dynamites – Beginner/Intermediate
5.30-6.15	Dynamites – Advanced
6.20-7.05	Dragons / Adults – All Levels
7.10-7.55	Senior Kobudo
Thursday	
4.40-5.25	Dynamites – Beginner/Intermediate
5.30-6.15	Dynamites – Advanced
6.20-7.05	Dragons / Adults – Beginner/Intermediate
7.10-7.55	Dragons / Adults – Advanced
Saturday	
9.00-9.30	Minimites & Kindymites
9.40-10.25	Dynamites / Dragons / Adults : Beginner Kata Clinic
10.30-11.15	Dynamites / Dragons / Adults : Intermediate Kata Clinic
11.20-12.05	Dynamites / Dragons / Adults : Advanced Kata Clinic

- Students should not attend the centre if they are sick, have been overseas or COVID hot spot in the last 21 days or been in contact with someone who has tested positive for Covid19.
- Social distancing of 1.5m and 4 square metre rule will be in effect and classes will have a maximum of 20 students.
- All classes must be booked via our booking service - you cannot attend a class you have not booked.
- We request that all students and parents entering the building sanitise on entry and exit.
- Only Minimites and Kindymites will have parents in attendance. If for any reason you need to accompany your children into the dojo please observe the social distancing guidelines.
- You will need to register your contact details with us if you need to enter the dojo as per contact tracing guidelines.
- There will be a changeover time of 5 minutes between classes to control numbers.
- We will conduct frequent cleaning and disinfecting of surfaces and equipment with a dedicated cleaning slot between each class.
- 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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