** Green Hills Schedule**

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**Commencing 8th Jan 2018**

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|  | **Monday** | **Introduction** |
| 3:30 – 4:00pm  | Minimites | 3:15 Minimites |
| 4:00 - 4:30pm  | Kindymites | 3:45 Kindymites |
| 4:30 – 5:15pm | Dynamites Beginner  | 4:15 Dynamites |
| 5:15 – 6:00pm | Dynamites Inter/Adv Yellow and above |  |
| 6:00 – 6:45pm | Dragons/Adults  | 5:45 Dragons |
| 6:45 – 7:15pm | Leadership (starts February) |  |
| 7:15 – 8:00pm | Adults | 7:00 Adults |
|  | **Tuesday** |  |
| 3:30 – 4:00pm  | Minimites | 3:15 Minimites |
| 4:00 - 4:30pm  | Kindymites | 3:45 Kindymites |
| 4:30 – 5:15pm | Dynamites Beginner  | 4:15 Dynamites |
| 5:15 – 6:00pm | Dynamites Inter/Adv Yellow and above |  |
| 6:00 – 6:50pm | Dragons/Adults | 5:45 Dragons/Adults |
| 6:50 – 7:30pm  | Brazilian Jiu Jitsu Fundamentals | 6:30 BJJ  |
| 7:30 – 8:30pm | Brazilian Jiu Jitsu Advanced |  |
|  | **Wednesday** |  |
| 3:30 – 4:00pm  | Minimites | 3:15 Minimites |
| 4:00 - 4:30pm  | Kindymites | 3:45 Kindymites |
| 4:30 – 5:15pm | Dynamites All Levels | 4:15 Dynamites |
| 5:15 – 6:00pm | Mat Rats Junior Brazilian Jiu Jitsu | 5:00 Mat Rats |
| 6:00 – 6:45pm | Dragons | 5:45 Dragons |
| 6:45 – 7:15pm  | Kumite training (Dragons/Adults) |  |
| 7:15 – 8:00pm | Adults | 7:00 Adults |
|  | **Thursday** |  |
| 3:30 – 4:00pm  | Minimites | 3:15 Minimites |
| 4:00 - 4:30pm  | Kindymites | No Kindymites intro |
| 4:30 – 5:15pm | Dynamites Beginner  | No Dynamites intro  |
| 5:15 – 6:00pm | Dynamites Inter/Adv Yellow and above |  |
| 6:00 – 6:50pm | Dragons/Adults | 5:45 Dragons/Adults |
| 6:50 – 8:30pm | Brazilian Jiu Jitsu - No Gi  | 6:30 BJJ No Gi |
|  | **Saturday – Family Day** |  |
| 9:00 – 9:30am | Minimites | 8:45 Minimites |
| 9.30 – 10am | Kindymites | 9:15 Kindymites |
| 10:00 – 10.45am | Dynamites, Dragons, Adults beginners  | 9:45 Beginners |
| 10:45 – 11.30am | Dynamites, Dragons, Adults Yellow and above  |  |

 Minimites 3-4 years Kindymites 5-6 years, Dynamites 6-9 years,

![logo[1]]()Dragons 10-14 years Adults 14 years + Brazilian Jiu Jitsu