



Warners Bay Training Schedule 2018

Commences February 19th

Phone: (02)4956 8876

Monday	Dojo 1 – Downstairs	Dojo 2 - Upstairs	Dojo 3 - Upstairs	
11.30-1.00	Staff Training – All instructors welcome to attend			Kata Focus –A Day BJJ and Fight fit
4.00 – 4.30	Minimites	Kindymites		
4.30 – 5.15	Dynamites Beginners	Dynamites Intermediate	Dynamites Advanced	
5.15 - 6.00	BJJ - Matrats	Dragons Interm/Advanced	Dragons Beginners	
6.00 - 6.50	Black Belt Prep	BJJ Adults	Fight Fit-Fitness Kickboxing	
6.50 - 7.40	Adults Beginners	Adult Int/Advanced	BJJ Advanced Blue +	
7.40 - 8.30	Black Belts			
Tuesday	Downstairs	Upstairs	Upstairs	
11.00-11.50	Karate Day Class			Kata Focus- A Day Kobudo (Weapons)
4.00 – 4.30	Minimites	Kindymites		
4.30 – 5.15	Dynamites Beginners	Dynamites Intermediate	Dynamites Advanced	
5.15 - 6.00	Dragons Beginners	Dragons Int/Advanced	STORM Leadership	
6.00 - 6.50	Adults Inter/Advanced	Black Belt Prep	Adults Beginners	
6.50 – 7.40	Womens BJJ	Dragons/Adults Kobudo	Beginners Kobudo	
7.40 – 8.30		Advanced Kobudo		
Wednesday	Downstairs	Upstairs	Upstairs	
9.30 – 10.15	Kinder Kicks – 18m to 3yrs			Bunkai Focus – B Day Xtreme
4.00 – 4.30	Minimites	Kindymites		
4.30 -5.15	Dynamites Beginners	Dynamites Intermediate	Dynamites Advanced	
5.15 – 6.00	Dragons Beginners	Junior Xtreme Dyna/Dragons	BJJ - Mat Rats	
6.00 – 6.50	Fight Fit – Fitness Kickboxing	Dragons Int/Advanced	Brazilian Jiu Jitsu - No Gi	
6.50 – 7.40	Boxing Fitness/Technique	Adults Int/Advanced	Adults Beginners	
7.40 – 8.30		Black Belt Prep		
Thursday	Downstairs	Upstairs	Upstairs	
11.00-11.50	Karate Day Class			Bunkai Focus- B Day – Kumite & BJJ
4.00 – 4.30	Minimites	Kindymites		
4.30 - 5.15	Dynamites Beginners	Dynamites Intermediate	Dynamites Advanced	
5.15 – 6.00	Nidan Prep	Dragons Int/Advanced Bunkai	Dragons Beginners	
6.00 – 6.50	Fight Fit – Fitness Kickboxing	Dragons/Adults Kumite	BJJ Fundamentals	
6.50 – 7.40	Adults Beginners	Adults Bunkai Int/Advanced	BJJ Advanced	
Friday	Downstairs	Upstairs	Upstairs	
4.00 – 4.30	Minimites	Kindymites		Bunkai Focus – B Day - Leadership
4.30 – 5.15	Dynamites Beginners	Dynamites Intermediate	Dynamites Advanced	
5.15 – 6.00	Dragons/Adults Beginners	Dragons/Adults Int/Advanced		
6.00 – 6.40	Leadership	Demo Team 6.00 -7.15		
6.40 - 7.30	Black Belt Prep		C/C Black Belt Prep.	
7.15 - 8.30		Black Belts		
Sat.	Downstairs	Upstairs	Dojo 3	
9:00 – 9:30	Minimites	Kindymites		Kata Focus A Day
9:30- 10.15	Dynamites Beginners	Dynamites Int/Advanced		
10.15 -11.00	Dragons/Adults Beginners	Dragons/Adults Kata		
11.00 – 11.45	Kobudo	Dragons /Adults Bunkai	BJJ Open Mat - Monthly	
From 11.30	Seminars, Birthday Parties, Special Events			



Minimites (3-4yrs)



Kindymite (5-6yrs)



Dynamites (6-9yrs)



Dragons (9-14yrs)



Adults (14+yrs)