



Warners Bay Training Schedule 2019

Commences January 14th

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	Dynamites Matratts BJJ	Dragons Int/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	
7.40 - 8.30	Black Belts			
Tuesday	Downstairs	Upstairs	Upstairs	
11.00 - 11.50	Karate Day Class	12.00 - 12.45 Dynamites Day Class (<i>School Holidays Only</i>)		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	Black Belt Prep	Adults Int/Advanced	Adults Beginners	
6.50 - 7.40	Beginners Kobudo	Dragons/Adults Kobudo	Women's BJJ	
7.40 - 8.30		Advanced Kobudo		
Wednesday	Downstairs	Upstairs	Upstairs	
4.00 - 4.30	Minimites	Kindymites		Bunkai Focus - B Day - Xtreme
4.30 - 5.15	Dynamites Beginners	Dynamites Intermediate	Dynamites Advanced	
5.15 - 6.00	Dragons Beginners	Junior Xtreme Dyna/Dragons	Dragons BJJ (+ Dyna Adv)	
6.00 - 6.50	Fight Fit - Fitness Kickboxing	Dragons Int/Advanced	Brazilian Jiu Jitsu - No Gi	
6.50 - 7.40		Adults Int/Advanced	Adults Beginners	
Thursday	Downstairs	Upstairs	Upstairs	
11.00 - 11.50	Karate Day Class	12.00 - 12.45 Dynamites Day Class (<i>School Holidays Only</i>)		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	Dragons Beginners	
6.00 - 6.50	Women's Empowerment	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 - 6.45	Black Belt Prep	Demo Team 6.00 - 7.15	Dragons/Adults Leadership	
6.45 - 7.15	Advanced Leadership (Black Belts and Level 1 Cert)		Fight Fit Black Belt Prep	
7.15 - 8.15		Black Belts		
Saturday	Downstairs	Upstairs	Upstairs	
9.00 - 9.30AM	Minimites	Kindymites		Kata Focus - A Day
9.30 - 10.15	Dynamites Beginners	Dynamites Intermediate	Dynamites Advanced	
10.15 - 11.00	Dragons & Adults Beginners	Dragons & Adults Intermediate & Advanced Kata		
11.00 - 11.45	Kobudo	Dragons & Adults Intermediate & Advanced Bunkai		
From 12.00	Seminars, Birthday Parties, Special Events			



Minimites (3-4yrs)



Kindymite (5-6yrs)



Dynamites (6-9yrs)



Dragons (9-14yrs)



Adults (14+yrs)

Dojo Etiquette:

- Remove all jewellery and shoes before training
- Do not take any food into training areas
- Bring water and your kumite gear to class
- Always respect your instructors and class mates

- Refer to black belts as Sensei
- Supervise your children at all times
- Please keep the dojo and bathrooms tidy
- Have a great time in class!