



Green Hills Schedule

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Commencing 18th March 2019

Monday		
4:00 – 4:30pm	Minimites	Kindymites
4:30 – 5:15pm	Dynamites All Levels	
5:15 – 6:00pm	Matrats	
6:00 – 6:45pm	Dragons/Adults White to Red	
6:45 – 7:15pm	Kumite	
7:15 – 8:00pm	Dragons/Adults Green belt and above	
Tuesday		
10:00 – 11:00am	Karate Day Class	
3:30 – 4:00pm	Minimites	
4:00 – 4:30pm	Kindymites	
4:30 – 5:15pm	Dynamites All Levels	
5:15 – 6:00pm	XTREME	
6:00 – 6:45pm	Dragons/Adults White to Red	
6:45 – 7:30pm	Dragons/ Adults Green and Above	
Wednesday		
4:00 – 4:30pm	Minimites	Kindymites
4:30 – 5:15pm	Dynamites Beginner	S.T.O.R.M
5:15 – 6:00pm	Dynamites Intermediate/Advanced	
6:00 – 6:45pm	Dragons/Adults Beginners	Leadership
6:45 – 7:30pm	Dragons/ Adults Intermediate/ Advanced	
Thursday		
10:00 – 11:00am	Karate Day Class	
3:30 – 4:00pm	Minimites	
4:00 – 4:30pm	Kindymites	
4:30 – 5:15pm	Dynamites Beginner/ Intermediate (White to Green Belt)	
5:15 – 6:00pm	Dynamites Adv Blue-Black/ Dragons Adv Green and Above	
6:00 – 6:45pm	Dragons/Adults White to Red	
6:45 – 7:30pm	Dragons/ Adults Green and Above	
Saturday – Family Day		
9:00 – 9:30am	Minimites	
9.30 – 10:00am	Kindymites	
10:00 – 10:45am	Dynamites, Dragons, Adults Beginners	
10:45 – 11:30am	Dynamites, Dragons, Adults Intermediate (Yellow-Red/Green Dyna)	
11:30 – 12:15pm	Dynamites, Dragons, Adults Advanced (Green Above/ Blue Dyna)	
12:15 – 1:00pm	Kobudo (weapons)	



Minimites 3-4 years



Kindymites 5-6 years,



Dynamites 6-9 years,



30Dragons 10-14 years



Adults 14 years +



Brazilian Jiu Jitsu