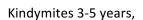


Morisset Schedule

Effective from Monday 26th August 2019

	TIME	CLASS	TIME	CLASS
	4.00-4.30	MINIMITES 3/4 YEARS	4.00-4.30	KINDYMITES 4/5 YEARS
	4.30-5.15	DYNAMITES INT ADV	4.30-5.15	DYNAMITES BEGINNERS
IDA	5.15-6.00	DRAGONS INT ADV	5.15-6.00	DRAGONS BEGINNERS
MONDAY	6.00-6.40	LEADERSHIP (Term time only)		
	6.40-7.30	BLACK BELT PREP (1 st KYU)	6.40-7.30	ADULTS
	7.30-8.15	FIGHT FIT		
TUESDAY	TIME	CLASS	TIME	CLASS
	9.30-10.30am	DAY CLASS		
	10.30-11.00am	MINIMITES 3/4 YEARS		
	11.00-11.30am	KINDERKICKS (Term time only)		
	4.00-4.30	KINDYMITES 4/5 YEARS	4.00-4.30	KOBUDO JUNIORS
	4.30-5.15	DYNAMITES INT ADV	4.30-5.15	DYNAMITE BEGINNERS
	5.15-6.00	DRAGONS INT ADV	5.15-6.00	DRAGONS BEGINNERS
	6.00-7.00	BLACK BELT CLASS		
	7.00-7.50	ADULTS		
	TIME	CLASS	TIME	CLASS
WEDNESDAY	4.00-4.30	KINDYMITES 4/5 YEARS	4.00-4.30	STORM (Term time only)
	4.30-5.15	DYNAMITES INT ADV	4.30-5.15	DYNAMITES BEGINNERS
	5.15-6.00	DRAGONS		
	6.00-7.00	KUMITE		
	7.00- 7.50	ADULTS		
THURSDAY	TIME	CLASS	TIME	CLASS
	4.00-4.45	DYNAMITES		
	4.45-5.15	KINDYMITES	4.45-5.30	XTREME
	5.15-6.00	DRAGONS	5.30-6.15	BLACK BELT PREP (1 st KYU)
	6.15-7.10	KOBUDO		
	7.10-8.00	ADULTS		
	8.00-8.45	FIGHT FIT		
SATURDAY	TIME	CLASS	TIME	CLASS
	8.15-9.00	FIGHT FIT		
	9.00-9.30	MINIMITES 3/4 YEARS	9.00-9.30	KINDYMITES 4/5 YEARS
	9.30-10.15	BEGINNERS		
	10.15-11.00	INTERMEDIATES		
	11.00-11.45	ADVANCED		
	11.45-12.30	Pretesting Clinics – Monthly Dates TBA		









*Beginners – White to 9th kyu, *Intermediates Yellow to Red (Green Dynamites), *Advanced Green (Blue Dynamites) and up



Morisset Schedule

KICKS	KinderKicks	18mth – 3 years
MAG	Minimites	3 and 4 years
WINDE	Kindymites	4 and 5 years
WWAG	Dynamites	6 -9 years
WIME	Dragons	10-14 years

Beginner	White to 2 yellow stripe belts		
Intermediate	Yellow to Red Belt (green Dynamites)		
Advanced	Green belt and up (Blue Dynamites)		
Kumite	Black Belt Club Sparring		
Kobudo	Black Belt Club Traditional Weapons		
STORM Leadership	Black Belt Club by application Dynamites		
Leadership	Black Belt Club by application Dragons and Adults		
FightFit	Fitness Kickboxing and Self Defence		
Black Belt Prep	1 st kyu and above only		
Black Belt Class	Black Belts only		
XTreme	Black Belt Club Xtreme Martial Arts Morisset demo team By application		

Training Etiquette

- ✓ Always have your student card with you when you go into class
- ✓ Place shoes neatly in the spaces provided
- ✓ Refer to Black Belts as Sensei
- ✓ No jewellery
- ✓ Ensure your uniform is clean and attend to your personal hygiene
- ✓ Respect your instructors and fellow students
- √ No gum
- ✓ If you are late for class, kneel at the side of the mat with your card until you are invited to join the class