



# Green Hills Schedule

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Commencing 6<sup>th</sup> January 2020

<b>Monday</b>		
4:00 – 4:30pm	Minimites	Kindymites
4:30 – 5:15pm	Dynamites All Levels	
5:15 – 6:00pm	Matrats (Kids BJJ)	
6:00 – 6:45pm	Dragons/Adults White to Red	
6:45 – 7:15pm	Kumite (Sparring)	
7:15 – 8:00pm	Dragons/Adults Green belt and above	
<b>Tuesday</b>		
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	
<b>Wednesday</b>		
4:00 – 4:30pm	Minimites	Kindymites
4:30 – 5:15pm	Dynamites All Levels	
5:15 – 6:00pm	S.T.O.R.M	Leadership
6:00 – 6:45pm	Dragons/Adults White to Red	
6:45 – 7:30pm	Dragons/ Adults Advanced	Black Belt Prep (1 <sup>st</sup> Kyu Only)
<b>Thursday</b>		
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	
<b>Saturday – Family Day</b>		
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,



Dragons 9-13 years



Adults 14 years +



Brazilian Jiu Jitsu