



HVMAC REDHEAD SCHEDULE

Effective from 1st March, 2021

Monday			
4.00-4.30pm	Minimites & Kindymites		Kata Focus
4.40-5.25pm	Dynamites		
5.30-6.15pm	Dragons/Adults		
6.20-7.05pm	Kumite		
7.10-7.55pm	Dragons/Adults		
Tuesday			
4.00-4.30pm	S.T.O.R.M. Leadership		Kata Focus
4.40-5.25pm	Dynamites		
5.30-6.15pm	Dragons/Adults : Beginner		
6.20-7.05pm	Dragons/Adults : Intermediate & Advanced		
7.10-7.55pm	1 st Kyu and Black Belts		
Wednesday			
4.00-4.30pm	Minimites & Kindymites		Bunkai Focus
4.40-5.25pm	Dynamites		
5.30-6.15pm	Dragons/Adults : Beginner	Kobudo Pandas	
6.20-7.05pm	Dragons/Adults : Intermediate & Advanced		
7.10-7.55pm	Senior Kobudo		
Thursday			
4.00-4.30pm	Minimites & Kindymites		Bunkai Focus
4.40-5.25pm	Dynamites		
5.30-6.15pm	Dragons/Adults		
6.20-7.05pm	Senior Leadership		
7.10-7.55pm	Dragons/Adults		
Saturday			
9.00-9.30am	Minimites & Kindymites		Kata & Bunkai Focus
9.40-10.25am	Dynamites		
10.30-11.15am	Dragons/Adults : Kata Clinic		
11.20-12.05pm	Dragons/Adults : Bunkai Clinic		
12.10-12.55pm	Dragons/Adults - Brown Belts and above		

- Students should not attend the centre if they are sick, have been overseas, in a COVID hot spot in the last 21 days or been in contact with someone who has tested positive for Covid19.
- Physical distancing and 2 square metre rules apply as per current NSW Health COVID restrictions.
- All classes must be booked via your Clubworx member portal.
- Under current restrictions, we can allow for 96 people in the dojo, excluding instructors. Depending on the number of students in the class, we may need to limit the number of visitors per class and at gradings.
- We request that all students and parents entering the building sanitise on entry and exit.
- You will need to register your contact details when entering the dojo as per contact tracing guidelines.
- There will be a changeover time of 5 minutes between classes to control numbers.
- We will conduct frequent cleaning and disinfecting of surfaces and equipment with a dedicated cleaning slot between each class.
- Students are expected to leave the dojo once their class is finished and will not be allowed to congregate before or after their class.

HVMAC Redhead

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