



# Warners Bay Training Schedule 2021

STEP 3 - Commences March 1<sup>st</sup>

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Monday	4.00 - 4.30PM	Minimites			Kata Day
	4.30 - 5.00	Kindymites			
	5.00 - 5.45	Dynamites	5.00 - 5.30PM - Kindymites		
	5.45 - 6.30	Dragons	STORM - Dynamites Leadership		
	6.30 - 7.15	Adults	BJJ Adults	Fight Fit	
	7.15 - 8.15	<b>Black Belts</b>	BJJ Advanced		
Tuesday	11.00 - 11.45AM	Karate Day Class			Kata Day
	4.00 - 4.30PM	Minimites			
	4.30 - 5.00	Kindymites			
	5.00 - 5.45	Dynamites			
	5.45 - 6.30	Dragons	Kobudo Pandas (Dynamites)		
	6.30 - 7.15	Adults	Black Belt Prep		
	7.15 - 8.00	Beginners Kobudo	Women's BJJ		
	8.00 - 8.40	Black Belt Kobudo			
Wednesday	4.00 - 4.30PM	Minimites			Bunkai Day
	4.30 - 5.00	Kindymites			
	5.00 - 5.45	Dynamites	5.00 - 5.30PM - Kindymites		
	5.45 - 6.30	Dragons Beginners	Xtreme - Dynamites/Dragons	Matrats BJJ	
	6.30 - 7.20	Brazilian Jiu Jitsu - No Gi	Dragons Int & Advanced	Fight Fit	
	7.20 - 8.10	Adults			
	11.00 - 11.45AM	Karate Day Class			
Thursday	4.00 - 4.30PM	Minimites			Bunkai Day
	4.30 - 5.00	Kindymites			
	5.00 - 5.45	Dynamites	5.00 - 5.30PM - Kindymites		
	5.45 - 6.30	<b>Nidan Prep</b>	Dragons		
	6.30 - 7.20	Adults Beginners	Dragons & Adults Kumite	BJJ Fundamentals	
	7.20 - 8.10	Adults Intermediate & Advanced	BJJ Advanced	Kumite Squad Training	
	11.00 - 11.45AM	Karate Day Class			
Friday	4.00 - 4.30PM	Minimites			Bunkai Day
	4.30 - 5.00	Kindymites			
	5.00 - 5.45	Dynamites			
	5.45 - 6.30	Dragons & Adults Black Belt Prep	Dragons & Adults		
	6.30 - 7.00	Dragons/Adults Leadership	<b>Advanced Leadership</b>		
	7.00 - 8.15	<b>Black Belts</b>			
	11.00 - 11.45AM	Karate Day Class			
Saturday	7.45 - 8.30AM	Fight Fit			Kata & Bunkai
	8.30 - 9.00AM	Minimites	Kindymites		
	9.00 - 9.30AM	Minimites	Kindymites		
	9.30 - 10.15	Dynamites			
	10.15 - 11.00	Dragons & Adults Beginners	Matrats BJJ	10.15 - 10.45 - Minimites	
	11.00 - 11.45	Dragons & Adults Kobudo		11.00 - 11.30 - Kindymites	
	11.45 - 12.30	Dragons & Adults Kata - Int & Adv			
	12.30 - 1.15	Dragons & Adults Bunkai - Int & Adv	Advanced Xtreme/Demo Practice		
	1.15 - 2.00	Pre-Testing Clinic - Instructor Invite Only			



Minimites (3-4yrs)



Kindymites (5-6yrs)



Dynamites (6-9yrs)



Dragons (9-14yrs)



Adults (14+yrs)

**Please make sure you have booked your classes; if you have not booked, you may miss out!**

- Social distancing of 1.5m and 4m square rule will be in effect and classes have a maximum of 20 students
- All students and parents entering building must use the sanitising stations upon entry and exit
- Only Minimites & Kindymites classes will have parents in attendance. No audience for all other classes
- Students are not allowed to congregate before, during or after any classes
- If you have been sick, been overseas in the past 21 days or in contact with someone who is sick, you are not permitted to attend classes. This allows us to ensure that everyone can train in a safe and clean environment