



Warners Bay Training Schedule 2021

Commences October 11th

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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			
	6.30 - 7.15	Adults	BJJ Adults		
	7.15 - 8.15	Black Belts	BJJ Advanced		
Tuesday	11.00 - 11.45AM	Karate Day Class			Kata Day
	4.00 - 4.30PM	Kindymites			
	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	Nidan Prep		Dragons	
	6.30 - 7.20	Adults Beginners	Dragons & Adults Kumite	BJJ Fundamentals	
	7.20 - 8.10	Adults Intermediate & Advanced	Kumite Squad Training	BJJ Advanced	
	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	Black Belt Prep		Dragons & Adults	
	6.30 - 7.00	Dragons/Adults Leadership – Drills and Skills			
	7.00 - 8.15	Black Belts			
	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 - 12.30PM	Dragons & Adults Kata - Intermediates & Advanced			
	12.30 - 1.15	Dragons & Adults Bunkai - Intermediates & Advanced			
	1.15 - 2.00PM	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 are having any trouble booking, call us!

- All students must have booked in to attend classes. If you haven't booked, you will be turned away
- All students and parents entering building must use the sanitising stations upon entry and exit
- Classes are limited to numbers from 4 square metre capacity restrictions
- No spectators are permitted for classes, aside from **one** spectator with Minimites and Kindymites
- 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