



# Green Hills Schedule 2022

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<b>Monday</b>		
3:45 – 4:15pm	Minimites	Kindymites
4:15 – 5:00pm	Dynamites All Levels	
5:00 – 5:45pm	FIGHT FIT	
5:45 – 6:30pm	Dragons/Adults All Levels	
6:30 – 7:00pm	Leadership	
7:00 – 7:50pm	Black Belt Prep	
<b>Tuesday</b>		
9:30 – 10:30am	Day Class	
4:00 – 4:45pm	Dynamites All Levels	
4:45 – 5:30pm	Kobudo Pandas	
5:30 – 6:15pm	Dragons/Adults All Levels	
6:15 – 6:35pm	Dragons/Adults Advanced Extension (Green Belt and Above)	
6:35 – 7:20pm	Kobudo	
7:20 – 8:10pm	Kobudo Advanced	
<b>Wednesday</b>		
4:00 – 4:30pm	Minimites	Kindymites
4:30 – 5:15pm	Dynamites All Levels	
5:15 – 6:00pm	Dragons/Adults All Levels	
6:00 – 6:45pm	Dragons/Adults Advanced Extension (Green Belt and Above)	
<b>Thursday</b>		
4:00 – 4:30pm	Minimites	Kindymites
4:30 – 5:15pm	Dynamites All Levels	
5:15 – 6:00pm	Dragons/Adults All Levels	
6:00 – 6:20pm	Dragons/Adults Advanced Extension (Green Belt and Above)	
6:20 – 7:10pm	Black Belt Prep	
7:10 – 8:00pm	Black Belt Class	
<b>Saturday – Family Day</b>		
8:30 – 9:00am	Minimites	Kindymites
9:00 – 9:45am	Fight Fit	
9:45 – 10:30am	Dynamites All Levels	
10:30 – 11:15am	Dragons/Adults Beginners/Intermediates	
11:15 – 12:00pm	Dragons/Adults Advanced	

## Student Belts and their Levels

Dynamites Beginners - White Belt, Single Yellow Stripe and Double Yellow Stripe

Dynamites Intermediates - Yellow Belt, Orange Belt, Red Belt, Green Belt

Dynamites Advanced – Blue Belt and Above

Dragons/Adults Beginners – White Belt, Single Yellow Stripe and Double Yellow Stripe

Dragons/Adults Intermediates – Yellow Belt, Orange Belt, Red Belt

Dragons/Adults Advanced – Green Belt and above.