



Redhead Schedule

Commencing 15/01/24

Monday		Kata Day
4:00 – 4:30pm		Minimites & Kindymites
4:45 – 5:30pm		Dynamites Beginners Only
5:30 – 6:15		Extreme
6:15 – 7:00pm		Dragons Beginners Only
7:15 – 8:00pm		Adults Beginners Only
Tuesday		Kata Day
4:00 – 4:45pm		Mat Rats
4:30 – 5:15pm		Dynamites Intermediates & Advanced Only
5:30 – 6:15pm		Dragons & Adults Intermediates & Advanced Only
6:15 – 7:00pm		BJJ Fundamentals (Gi)
7:00 – 7:45pm		Leadership & STORM
7:45 – 8:30pm		Black Belt Prep & Nidan Prep
Wednesday		Bunkai Day
4:00 – 4:45pm		Kobudo Panda's
4:45 – 5:30pm		Dynamites Intermediates & Advanced Only
5:30 – 6:15pm		Kumite
6:15 – 7:00pm		Dragons & Adults Intermediates & Advanced Only
7:00 – 8:00pm		Kobudo All Levels
Thursday		Bunkai Day
4:00 – 4:30pm		Minimites
4:30 – 5:00pm		Kindymites
5:15 – 6:00pm		Dynamites Beginners Only
6:15 – 7:00pm		Dragons Beginners Only
7:15 – 8:00pm		Adults Beginners Only
Friday		No classes
Saturday – Family Day		Kata and Bunkai Day
9:00 – 9:30		Minimites & Kindymites
9:45 – 10:30 (10:45)		Dynamites All Levels (15min Advanced Only Extension)
10:45 – 11:30 (11:45)		Dragons & Adults All Levels Kata (15min Advanced Only Extension)
11:45 – 12:30 (12:45)		Dragons & Adults All Levels Bunkai (15min Advanced Only Extension)

Minimites



3 & 4 years

Kindymites



5 & 6 years

Dynamites



6 to 9 years

Dragons



9 to 14 years

Adults



14 and up

BJJ



Kids & Adults

Kobudo



Weaponry

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