



Green Hills Schedule 2024

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KATA FOCUS	Monday	
	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 – 7:45pm	Black Belt Prep
KATA FOCUS	Tuesday	
	3:30 – 4:00pm	Minimites/Kindymites
	4:00 – 4:45pm	Dynamites All Levels
	4:45 – 5:30pm	Kobudo Pandas
	5:30 – 6:15pm	Dragons/Adults All Levels
	6:15 – 7:00pm	Kobudo Beginners/Intermediates
BUNKAI & KUMITE FOCUS	Wednesday	
	4:00 – 4:30pm	Minimites/Kindymites
	4:30 – 5:15pm	Dynamites All Levels
	5:15 – 5:30pm	Dynamites Intermediate/Advanced Extension (Yellow & Above)
	5:30 – 6:15pm	Kumite Class (Dynamites and Above)
	6:15 – 7:00pm	Dragons/Adults All Levels
BUNKAI FOCUS	Thursday	
	4:00 – 4:30pm	Minimites/Kindymites
	4:30 – 5:15pm	Dynamites All Levels
	5:15 – 5:30pm	Dynamites Intermediates/Advanced Extension (Yellow & Above)
	5:30 – 6:15pm	Dragons/Adults All Levels
	6:15 – 6:30pm	Dragons/Adults Intermediate/Advanced Extension (Yellow & Above)
	6:30 – 7:15pm	Black Belt Prep
7:15 – 8:00pm	Black Belt Class	
Saturday	Saturday	
	8:30 – 9:15am	Fight Fit
	9:15 – 9:45am	Minimites/Kindymites
	9:45 – 10:30am	Dynamites All Levels
	10:30 – 11:15am	Dragons/Adults Kata
	11:15 – 12:00pm	Dragons/Adults Bunkai