



# Redhead Schedule 2024

## Commencing 19/08/24

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

**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

**Please make sure you have booked your classes.**

**If you are having trouble booking, call us!**

- No shoes on the mats for students or spectators
- No food or drink (aside water) in dojo at any time
- No jewellery, watches, Fitbits, etc to be worn in class