

HVMAC MORISSET

25 Alliance Avenue, Morisset
02 4973 5575



New student and beginner schedule

From 1 January 2025



MINIMITES KINDYMITES

3-6 years

- Mondays 4:00-4:30pm
- Tuesdays 4:00-4:30pm
- Wednesdays 4:00-4:30pm
- Saturdays 9:00-9:30am

DYNAMITES

6-9 years

- Mondays 4:30-5:15pm
- Tuesdays 4:30-5:15pm
- Wednesdays 4:30-5:15pm
- Thursdays 4:00-4:45pm
- Saturdays 9:30-10:15am

DRAGONS

9-14 years

- Mondays 5:15-6:00pm
- Tuesdays 5:15-6:00pm
- Wednesdays 5:15-6:00pm
- Thursdays 5:30-6:15pm
- Saturdays 10:30-11:15am

ADULTS

- Mondays 6:00-6:45pm
- Tuesdays
 - 10:30-11:15am
 - 5:15-6:00pm (mix DR)
- Wednesdays 6:45-7:30pm
- Thursdays 7:00-7:45pm
- Saturdays 10:30-11:15am (Mix DR)

FIGHT FIT KICKBOXING

- Tuesdays 6:00-6:45pm
- Thursdays 6:15-7:00pm
- *Saturdays 8:30-9:15am

*Special sessions as scheduled

WISE WARRIORS

Over 50s karate

- Tuesdays 11:00-11:45pm
- Wednesdays 6:00-6:45pm
- Thursdays 7:00-7:45pm

KUMITE

Thursdays 6:15-7:00pm

OKINAWAN WEAPONS

6-12 years Tuesday 5:15-6:00pm
12 years plus Tuesday 6:45-7:30pm

XTREME

Thursdays 4:45-5:30pm

BJJ

Wednesday 6:00pm