



Redhead Schedule 2025

Commencing 15th September

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Monday		Kata Day
3:30 – 4:00pm		Minimites
4:00 – 4:30pm		Kindymites
4:45 – 5:30pm		Dynamites -- All Levels
5:30 – 6:15pm		Family Fight Fit
6:15 – 7:00pm		Dragons & Adults -- All Levels
7:15 – 8:00pm		Adults Only – All Levels
Tuesday		Kata Day
11:00 – 11:45am		Karate Day Class & Wise Warriors
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 & S.T.O.R.M.
7:45 – 8:30pm		Black Belt Prep & Nidan Prep
Wednesday		Bunkai Day
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 – 8:15pm		Kobudo (Advanced Extension 7:45 -- 8:15pm)
Thursday		Bunkai Day
3:30 – 4:00pm		Minimites
4:00 – 4:30pm		Kindymites
4:45 – 5:30pm		Dynamites – All Levels
5:30 – 6:15pm		Family Fight Fit
6:15 – 7:00pm		Dragons & Adults – All Levels
7:15 – 8:00pm		Adults Only – All Levels
Friday		No classes
Saturday – Family Day		Kata and Bunkai Day
8:30 – 9:00		Minimites
9:00 – 9:30		Kindymites
9:45 – 10:30		Dynamites – All Levels
10:45 – 11:30		Dragons & Adults -- All Levels Kata
11:30 – 12:15		Dragons & Adults -- All Levels Bunkai

Minimites



3 & 4 years

Kindymites



5 & 6 years

Dynamites



6 to 9 years

Dragons



9 to 14 years

Adults



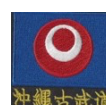
14 and up

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) on the mats at any time
- No jewellery, watches, Fitbits, etc to be worn in class