



Warners Bay Training Schedule 2025

Commences October 27th

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Monday	4.00 - 4.30PM	Minimites			Kata Day	
	4.30 - 5.00	Kindymites				
	5.00 - 5.45	Dynamites - All Levels				
	5.45 - 6.30	Dragons - All Levels	Family Fight Fit			
	6.30 - 7.15	Adults - All Levels	Brazilian Jiu Jitsu Fundamentals (No Gi)			
	7.15 - 8.15	Black Belts	7.15 - 8.00PM - BJJ Intermediates & Advanced			
Tuesday	10.30 - 11.00AM	Kinder Kicks - Jumping Joeys (18 months to 3 years)				Kata Day
	11.00 - 11.45AM	Karate Day Class & Wise Warriors	11.00 - 11.30AM - Minimites Day Class			
	3.30 - 4.00PM	Minimites				
	4.00 - 4.30	Kindymites				
	4:30 – 5:00	Kobudo Panda's				
	5.00 - 5.45	Dynamites - All Levels		Dragons Beginners		
	5.45 - 6.30	Dragons - All Levels		Black Belt Prep		
	6.30 - 7.15	Adults - All Levels	Fight Fit		Womens Brazilian Jiu Jitsu	
	7.15 - 8.15	Dragons & Adults Kobudo – All Levels				
Wednesday	6:30 - 7.30AM	Brazilian Jiu Jitsu Morning Class - All Levels (Gi)				Bunkai Day
	4.00 - 4.30PM	Kindymites				
	4.30 - 5.00	Mini Matrats - Brazilian Jiu Jitsu (3 to 6 years)				
	5.00 - 5.45	Dynamites - All Levels		Dragons Beginners		
	5.45 - 6.30	Leadership & S.T.O.R.M.	Xtreme - Dynamites/Dragons		Matrats BJJ	
	6.30 - 7.15	Dragons - All Levels		Fight Fit		
	7.15 - 8.00	Adults - All Levels				
Thursday	10.30 - 11.00AM	Kinder Kicks - Jumping Joeys (18 months to 3 years)				Bunkai Day
	11.00 - 11.45AM	Karate Day Class & Wise Warriors				
	4.00 - 4.30PM	Minimites				
	4.30 - 5.00	Kindymites				
	5.00 - 5.45	Dynamites - All Levels		Dragons Beginners		
	5.45 - 6.30	Dragons - All Levels		Family Fight Fit		
	6.30 - 7.15	Dragons & Adults Kumite		Brazilian Jiu Jitsu Fundamentals (Gi)		
	7.15 - 8.00	Adults - All Levels		BJJ Intermediates & Advanced		
Friday	11.00 - 12.00PM	Wise Warriors - Over 50's				Bunkai Day
	3.30 - 4.00PM	Minimites				
	4.00 - 4.30	Kindymites		4.30 - 4.45 - Pre-Testing Clinic (Invite Only)		
	4.45 - 5.30	Dynamites - All Levels		Dragons Beginners		
	5.30 - 6.15	Black Belt Prep		Dragons & Adults - All Levels		
	6.15 - 7.00	Advanced Leadership				
	7.00 - 8.15	Black Belts				
Saturday	8.30 - 9.00AM	Kindymites		Minimites	8.30 – 9.15 - Family Fight Fit	Kata & Bunkai
	9.00 - 9.30	Kindymites		Minimites		
	9.30 - 10.15	Dynamites - All Levels				
	10.15 - 11.00	Dragons & Adults - Kata				
	11.00 - 11.45	Dragons & Adults - Bunkai		11.00 - 11.30 - Minimites & Kindymites Combined		
	11.45 – 12.30PM	Dragons & Adults Kobudo				

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

Fight Fit



Kickboxing

Kobudo



Weaponry

Please make sure you have booked your classes.

If you are having any 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