



Maryland Schedule 2026

Commencing 16th March

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Monday		Kata Day
4:00 – 4:30pm		Minimites
4:30 – 5:00pm		Kindymites
5:00 – 5:45pm		Dynamites
5:45 – 6:30pm		Dragons
6:30 – 7:15pm		Fight Fit
7:15 – 8:00pm		Adults
Tuesday		Kata Day
11:00 – 11:45am		Karate Day Class & Wise Warriors
4:00 – 4:30pm		Mini Mat Rats – Brazilian Jiu Jitsu 3 – 6 years
4:30 – 5:00pm		Kindymites
5:00 – 5:45pm		Dynamites
5:45 – 6:30pm		Mat Rats – Kids Brazilian Jiu Jitsu
6:30 – 7:15pm		Dragons & Adults
7:15 – 8:00pm		Brazilian Jiu Jitsu Fundamentals (Gi)
Wednesday		Bunkai Day
4:00 – 4:30pm		Minimites
4:30 – 5:00pm		Kindymites
5:00 – 5:45pm		Dynamites
5:45 – 6:30pm		Dragons
6:30 – 7:15pm		Fight Fit
7:15 – 8:00pm		Adults
Thursday		Bunkai Day
11:00 – 11:45am		Karate Day Class & Wise Warriors
4:00 – 4:30pm		Minimites
4:30 – 5:00pm		Kindymites
5:00 – 5:45pm		Dynamites
5:45 – 6:30pm		Mat Rats – Kids Brazilian Jiu Jitsu
6:30 – 7:15pm		Dragons & Adults
7:15 – 8:00pm		Brazilian Jiu Jitsu Fundamentals (Gi)
Friday		No classes
Saturday – Family Day		Kata and Bunkai Day
9:00 – 9:45		Fight Fit
9:45 – 10:15		Minimites
10:15 – 10:45		Kindymites
10:45 – 11:30		Dynamites
11:30 – 12:15		Dragons & Adults

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