



Warners Bay Training Schedule 2026

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Commences October 2026

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Monday	4:00 – 4:30PM	Minimites			Kata Day
	4:30 – 5:00	Kindymites			
	5:00 – 5:45	Dynamites – All Levels		Dragons – Beginners	
	5:45 – 6:30	Dragons – Intermediate & Advanced		Family Fight Fit	
	6:30 – 7:15	Adults – All Levels		Brazilian Jiu Jitsu Fundamentals (No Gi)	
	7:15 – 8:15	Black Belts		BJJ Intermediates & Advanced	
Tuesday	6:30 – 7:15AM	Fight Fit			Kata Day
	10:30 – 11:00	Minimites Day Class			
	11:00 – 11:45	Karate Day Class & Wise Warriors			
	3:30 – 4:00PM	Minimites			
	4:00 – 4:30	Kindymites			
	4:30 – 5:00	Kobudo Pandas			
	5:00 – 5:45	Dynamites – All Levels		Dragons – Beginners	
	5:45 – 6:30	Dragons – Intermediate & Advanced		Black Belt Prep	
	6:30 – 7:15	Adults – All Levels	Fight Fit	Women’s 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
	3:30 – 4:00PM	Minimites			
	4:00 – 4:30	Mini Matrats – Brazilian Jiu Jitsu (3 to 6 years)			
	4:30 – 5:00	Kindymites			
	5:00 – 5:45	Dynamites – All Levels		Dragons – Beginners	
	5:45 – 6:30	Leadership & S.T.O.R.M.	Xtreme – Dynamites/Dragons	Mat Rats BJJ	
	6:30 – 7:15	Dragons – Intermediate & Advanced		Fight Fit	
	7:15 – 8:00	Adults – All Levels		Fight Fit Advanced (Green Belt+)	
Thursday	9:15 – 10:00AM	Fight Fit			Bunkai Day
	10:30 – 11:00	Minimites Day Class			
	11:00 – 11:45	Karate Day Class & Wise Warriors			
	3:45 – 4:15PM	Kindymites			
	4:15 – 5:00PM	Mat Rats BJJ			
	5:00 – 5:45	Dynamites – All Levels		Dragons – Beginners	
	5:45 – 6:30	Dragons – Intermediate & Advanced		Family Fight Fit	
	6:30 – 7:15	Dragons & Adults Kumite		Brazilian Jiu Jitsu Fundamentals (Gi)	
	7:15 – 8:00	Adults – All Levels		BJJ Intermediate & Advanced	
Friday	11:00 – 11:45AM	Wise Warriors – Over 50’s			Bunkai Day
	11:45 – 12:30PM	Wise Warriors Kobudo			
	3:30 – 4:00PM	Minimites			
	4:00 – 4:30	Kindymites		4:00 – 4:45 – Pre-testing Clinic (Invite Only)	
	4:45 – 5:30	Dynamites – All Levels		Dragons – Beginners	
	5:30 – 6:30	Black Belt Prep		5:30 – 6:15 - Dragons & Adults – All Levels	
	6:30 – 8:00	Black Belts			
Saturday	8:30 – 9:00AM	Kindymites	Minimites	8:30 – 9:15 – Family Fight Fit	Kata & Bunkai Day
	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	
	11:45 – 12:30PM	Dragons & Adults Kobudo		11:30 – 12:00 – Kindymites	



Minimites
3 & 4 years



Kindymites
5 & 6 years



Dynamites
6 to 9 years



Dragons
9 to 14 years



Adults
14 years and up



Brazilian Jiu Jitsu
Kids & Adults



Fight Fit
Kickboxing



Kobudo
Weaponry