

2024 MARTIAL ARTS TIMETABLE

Kindy - Yr3 at school

*Minimum 2 classes a week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
Turtles Karate (K-1) 4.15-5.15pm	BJJ Cubs / Lions (Yr1-6) 4.15-5.15pm	Turtles Karate (K-1) 4.15-5.15pm	BJJ Mini (4-6ys) 4.15-5.15pm	Karjitsu (K-1) 9.00-10.00am
Scorpions Karate (Yr1-3)* 4.15-5.15pm		Kata Master* 4.15-5.15pm	Scorpions / Taipans (Yr1-6)* 4.15-5.15pm	
Recreational Karate (Yr2-6) 5.15-6.15pm		Recreational Karate (Yr2-6) 5.15-6.15pm	Girls Kata 6.30-7.45 (Yr2+)	

Yr4-6 at school

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Recreational Karate (Yr2-6) 5.15-6.15pm	BJJ Cubs / Lions (Yr1-6) 4.15-5.15pm	Kata Master* 4.15-5.15pm	Scorpions / Taipans (Yr1-6)* 4.15-5.15pm	Blitz Team (extension class) 4.15-6.30pm
Taipans Karate (Yr4-6)* 5.15-6.15pm	Taipans Karate (Yr4-6)* 5.15-6.15pm	Recreational Karate (Yr2-6) 5.15-6.16pm	Kumite (sparring) Yr4+ 5.15-6.15pm	
No Gi Jiu Jitsu Yr4+ 6.15-7.15pm NEW		Kumite (sparring) Yr4+ 5.15-6.15pm NEW	BJJ Lions/ High School (Y4+) 6.30-7.30pm	
			Girls Kata 6.30-7.45 (Yr2+) 6.30-8.30pm (Advanced)	

Yr7+ at school

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
No Gi Jiu Jitsu Yr4+ 6.15-7.15pm NEW	Colts Karate (Yr7-9)* 6.15-7.15pm	Kata Master* 4.15-5.15pm	Kumite (sparring) Yr4+ 5.15-6.15pm NEW	Blitz Team (extension class) 4.15-6.30pm
Colts Karate (Yr7-9)* 6.15-7.15pm	BJJ Senior (Yr7+) 7.15-8.30pm	Kumite (sparring) Yr4+ 5.15-6.15pm NEW	All Girls Power Hour (Yr7+) 5.30-6.30pm	
Senior Karate (Yr10+) 7.15-8.30pm		Black Belt Prep 6.15-7.30pm	BJJ Lions/ High School (Y4+) 6.30-7.30pm	
		Senior Karate (Yr10+) 7.30-8.45pm	Girls Kata 6.30-7.45 (Yr2+) 6.30-8.30pm (Advanced)	
			MMA (Yr7+) 7.30-8.45pm	

ENROL NOW!