

CLASS TIME TABLE

One MARTIAL ARTS

Effective Mon 30 January 2012

START	MONDAY	TUESDAY	WEDNESDAY	THURSDAY		FRIDAY	SATURDAY	
	Terrigal Dojo	Niagara Dojo	Terrigal Dojo	Terrigal Dojo	Niagara Dojo	Niagara Dojo	Terrigal Dojo	Niagara Dojo
9:30AM		Leaders			Leaders		Baby Angels	Baby Angels
10:00AM							Angels	Angels
10:30AM					Baby Angels			Legends & Leaders
11:00AM							Legends & Leaders	
12:00PM							Kumite Legends & Leaders	
3:30 PM	Baby Angels	Baby Angels	Baby Angels	Baby Angels		Angels		
4:00 PM	Angels	Angels	Angels	Angels	Angels	Baby Angels		
4:30PM	Legends	Legends	Legends		Legends	Legends		
6:00PM	Leaders	Legends & Leaders	Leaders		Leaders			
7:00PM	FITNESS	FITNESS	FITNESS		FITNESS			
8:00PM		Legends & Leaders			Legends & Leaders			
PROGRAM	Description	Duration	PROGRAM	Description	Duration			
BABY ANGELS	4yrs to 6yrs	30 mins	FITNESS	Cardio/conditioning	60 mins			
ANGELS	7yrs to 9yrs	30 mins	KUMITE	Sparring orange +	45 mins			
LEGENDS	10yrs to 14 yrs	45 mins						
LEADERS	15yrs & above	60 mins						