

ONE MARTIAL ARTS TIMETABLE

TERRIGAL						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mini Ninjas 3-6yrs						
Level One 30 mins	3:30pm	8:30am	3:30pm	4:00pm		9:00am
BBC An extra 15 mins	4:00pm	9:00am	4:00pm	4:30pm		9:30am
Ninjas 7-12yrs						
Level One 30 mins	4:15pm	8:30am	4:15pm	4:45pm		9:45am
BBC An extra 15 mins	4:45pm	9:00am	4:45pm	5:15pm		10:15am
Ten-X MMA Kids 7 -12yrs						
Level One Club: 30 mins	5:15pm		5:15pm			
Legends and Leaders 13+						
Level One 45 mins	5:00pm	10:30am	5:00pm	10:30am		11:00am
BBC An extra 15 mins	5:45pm	11:15am	5:45pm	11:15am		11:45am
Level One 45 mins	6:00pm			6:00pm		
BBC An extra 15 mins	6:45pm			6:45pm		
TEN-X MMA Open 13yrs +						
Ten-X 45 mins	7:00pm		7:00pm	7:00pm		10:30am
Ten-X BBC 15 mins	7:45pm		7:45pm	7:45pm		11:15am
Specialist Classes						
Ninja Sparring 7-12yrs 30 mins						10:30am
Legends & Leaders Sparring 13yrs + 45 mins						12:00pm
Core, Stretch and Protect			6:00pm			

NIAGARA PARK DOJO		
Tuesday	Thursday	Friday
Mini Ninjas 3-6yrs		
4:15pm	4:15pm	
4:45pm	4:45pm	
Ninjas 7-12yrs		
4:15pm	4:15pm	
4:45pm	4:45pm	
Ten-X MMA 7 to Adult		
5:00pm	5:30pm	6:30pm
Legends and Leaders 13+		
6:30PM	6:30pm	
7:15PM	7:15pm	
FAMILY CLASS	All Ages	5:30pm
TEN-X MMA 7 to Adult		
5:00pm	5:30pm	6:30pm
5:45pm	6:15pm	7:15pm
Specialist Classes		
Ninja Sparring	Tuesdays 6:00pm	
Snr Sparring	Tuesdays 6:00pm	

MINI NINJAS	3-6 Yrs
NINJAS	7-12 Yrs
LEGENDS	13-17 Yrs
LEADERS	18+ Yrs
FAMILY CLASS: Under 7 must have a parent	All ages
BBC: BLACK BELT/BADGE CLUB	BBC Members

TEN-X MMA KIDS	Mixed Martial Arts 7-12 Yrs 30mins
TEN-X MMA OPEN	Mixed Martial Arts 13+ 45 mins BBC EXTRA 15 MINS
NINJA SPARRING	Sparring 7-12 Yrs 30 mins
LEGENDS AND LEADERS SPARRING	Sparring 13+ Yrs 45 mins
CORE, STRETCH AND PROTECT	60 Mins 13yrs+ Strength and Injury Prevention Non Membs welcome