

# 2020 ONE MARTIAL ARTS TIMETABLE

TERRIGAL DOJO						
GROUP	Baby Angels 2 to 3yrs	Lil Angels 4 to 6yrs	Angels 7 to 12yrs	Legends/Leaders 13 Plus	Master Class	Ten-X 13yrs Plus
MONDAY		3:30pm	4:15pm	5:15pm	6:15pm	7:00pm
		4:00pm BBC	4:45pm BBC	6:00pm BBC	STRETCH	7:45pm BBC
TUESDAY	10am	8:30am	8:30am	10:30am	5:30pm	7:00pm
		9:00am BBC	9:00am BBC	11:15am BBC	Ten-X HiIT	7:45pm BBC
		4:00pm	4:45pm	6:00pm		
		4:30pm BBC	5:15pm BBC	6:45pm BBC		
WEDNESDAY		3:30pm	4:15pm	5:15pm	6:15pm	7:00pm
		4:00pm BBC	4:45pm BBC	6:00pm BBC	STRETCH	7:45pm BBC
THURSDAY	10am	8:30am	8:30am	10:30am	5:30pm	7:00pm
		9:00am BBC	9:00am BBC	11:15am BBC	HiIT Sparring	7:45pm BBC
		4:00pm	4:45pm	6:00pm		
		4:30pm BBC	5:15pm BBC	6:45pm BBC		
FRIDAY						
SATURDAY		9:00am	9:45am	11:15am	10:30am Jnr Sparring	
		9:30 BBC	10:15 BBC	12:00pm BBC	12:15pm Snr Sparring	
					1:15pm Contact Sparring	

NIAGARA PARK DOJO			
Lil Angels 4 to 6yrs	Angels 7 to 12yrs	Ten-X NP 7yrs Plus	Leg'/Ldr's 13yrs Plus
4:45pm	4:45pm	5:30pm	6:30pm
5:15 BBC	5:15 BBC	6:15 BBC	7:15 BBC
4:45pm	4:45pm	5:30pm	6:30pm
5:15 BBC	5:15 BBC	6:15 BBC	7:15 BBC
5:30pm	5:30pm	6:30pm	5:30pm
6:00 BBC	6:00 BBC	7:15 BBC	6:15 BBC

Baby Angels	2 - 3yrs
Lil Angels	4 - 6yrs
Angels	7 - 12yrs
Legends	13 - 17yrs
Leaders	18 yrs Plus
BLACK BELT CLUB	BBC Members
TEN-X SPARTANS	13yrs Plus
TEN-X (Niagara Park)	7yrs Plus

MASTER CLASSES
STRETCH & CONDITIONING 45mins
Junior SPARRING: 7 to 12yrs 30mins
Senior SPARRING: 13yrs plus 45mins
HiIT SPARRING: 13 yrs plus 30mins
TEN-X HiIT - 13 yrs Plus 30mins
Contact Sparring (by application) 45mins