

2017 CLASS SCHEDULE/TIMETABLE

Monday	Tuesday		Wednesday	Thursday		Friday	Saturday
6 to 7AM Fitness Kickboxing Lani: Kickboxing Area			6 to 7AM Fitness Kickboxing Lani: Kickboxing Area			6 to 7AM Fitness Kickboxing Lani: Kickboxing Area	8 to 9AM Fitness Kickboxing Lani: Kickboxing Area
9:30 to 10:30am Fitness Kickboxing Lani: Kickboxing Area	9:30 to 10AM Mini Skillz Lani: Upstairs		9:30 to 10:30am Fitness Kickboxing Lani: Kickboxing Area	9:30 to 10AM Mini Skillz Lani: Upstairs		9:30 to 10:30am Fitness Kickboxing Lani: Kickboxing Area	9 to 9:30AM Lil' Dragons Joel: Dojo
	12:30 to 1:30PM Adult Karate Joel: Dojo			12:30 to 1:30PM Adult Karate Joel: Dojo			9:30 to 10:15AM Junior Dragons Joel: Dojo
4 to 4:45PM Junior Dragons Hannah: Dojo	4 to 4:45PM Junior Dragons Hannah: Dojo	4 to 4:30PM Lil' Dragons Lani: Upstairs	4 to 4:45PM Junior Dragons Hannah: Dojo	4 to 4:45PM Junior Dragons Hannah: Dojo	4 to 4:30PM Lil' Dragons Lani: Upstairs	4 to 6PM Parent Meetings & Private Lessons (appointment only)	10:15 to 11AM Black Belt Club Joel: Dojo Once a Month LEADERSHIP TEAM Damien/Hannah: Upstairs
5 to 6PM Red Dragons Damien: Dojo	5 to 6PM Red Dragons Damien: Dojo		5 to 6PM Red Dragons Damien: Dojo	5 to 6PM Red Dragons Damien: Dojo		5 to 6PM Black Belt Preparation Damien/Hannah: Dojo	11AM to 12PM Red Dragons Joel: Dojo
6 to 7PM Fitness Kickboxing Hannah: Kickboxing Area	6 to 7PM Youth Karate Damien: Dojo		6 to 7PM Fitness Kickboxing Hannah: Kickboxing Area	6 to 7PM Youth Karate Damien: Dojo		6 to 7:30PM Weapons Training Damien: Dojo	12 to 1PM Youth/Adult Karate (All Ranks) Damien: Dojo
7:15 to 8:15PM Muay Thai Hannah: Dojo	7 to 8PM Adult Karate (White to Blue) Damien/Hannah: Dojo		7:15 to 8:15PM Muay Thai Hannah: Dojo	7 to 8PM Adult Karate (White to Blue) Damien/Hannah: Dojo			
	8 to 9PM Adult Karate (Green +) Damien/Hannah: Dojo			8 to 9PM Adult Karate (Green +) Damien/Hannah: Dojo			

Note: Class timetable subject to change without notice. Class instructor(s) may change without notice. Timetable effective as of 4th May 2017