

2017 CLASS SCHEDULE/TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					8 to 9AM Fitness Kickboxing Lani: Kickboxing Area
					8:30 to 9AM Mini Skillz Jamy: Upstairs
					9 to 9:30AM Lil' Dragons Jamy: Dojo
4 to 4:45PM Junior Dragons Hannah: Dojo	4 to 4:45PM Junior Dragons Hannah: Dojo	4 to 4:45PM Junior Dragons Hannah: Dojo	4 to 4:45PM Junior Dragons Hannah: Dojo	4 to 6PM Parent Meetings & Private Lessons (appointment only)	9:30 to 10:15AM Junior Dragons Joel: 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 Red Dragons Damien: Dojo	5 to 6PM Black Belt Preparation Damien/Hannah: Dojo	10:15 to 11AM Black Belt Club Joel: Dojo Once a Month LEADERSHIP TEAM Damien/Hannah: Upstairs
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	11AM to 12PM Red Dragons Joel: 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		12 to 1PM Youth/Adult Karate (All Ranks) Joel: 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 17th July 2017