

BMA – STANDARD TIME TABLE

During School Terms and until the 20th December of each year

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3.40 – 4.05 pm		LITTLE SAMURAI'S		LITTLE SAMURAI'S
4.15 – 4.55 pm	SAMURAI KARATE	SAMURAI KARATE	SAMURAI KARATE	SAMURAI KARATE
5.00 – 5.50 pm	SHOGUN KARATE	SHOGUN KARATE	SHOGUN KARATE	SHOGUN KARATE
6.00 – 6.50 pm	TEENS KARATE	FITNESS KICKBOXING	TEENS KARATE	FITNESS KICKBOXING
7.00 – 8.00 pm	ADULTS KARATE	ADULTS KARATE	ADULTS KARATE	ADULTS KARATE
8.00 – 8.45 pm	KORYU UCHINADI ALL LEVELS	MASTERS CLASS INVITE ONLY		MASTERS CLASS INVITE ONLY
SATURDAYS	8.00 – 8.50 am	ADULTS KARATE	9.00 – 9.45 am	KARATE COMBINED

LITTLE SAMURAI	4 – 5 year old	Specially formatted classes to focus around fun and activity by using basic martial arts, martial art skill based exercises, games, drills, stranger danger & fire drills
SAMURAI KARATE	6 – 9 year old	Carefully constructed classes for ages 6- 9 years. Covering major karate techniques, self-defence, anti-bullying, pad work, etiquette, discipline, fitness & confidence
SHOGUN KARATE	>12 year old	Carefully constructed classes for ages preferably 9 – 12 years of age though will consider younger. Covering major karate techniques, self-defence, anti-bullying, pad work, etiquette, discipline, fitness & confidence
TEENS KARATE	13-16 year old	Specially designed for the teenager. Classes cover major drill based martial arts, self-defence, pad work and all of the above
FITNESS KICKBOXING	14 years +	For anyone of any experience level, Fitness in kickboxing or Muay Thai Coaching, high upbeat classes.
ADULTS KARATE	16 years +	For anyone of any experience level for freestyle and traditional martial arts, Classes cover major drill based martial arts, pad work fitness, confidence and street based pressure tested self-defence
KORYU UCHINADI	16 years +	For anyone of any experience level for old kingdom martial arts. Encompassing true and tried old practice drill sets
MASTERS CLASS	Invite Only	Closed Doors and reserved for highly advanced traditional martial arts training for invited brown belts and all black belts. Essential training at this level
COMBINED KARATE	During School holidays and all Saturdays, All Karate classes from 6-16 years old are combined into one class	

BMA - HOLIDAY CLASS TIME TABLE

Western Australian School Holiday Time Table

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3.40 – 4.05 pm		LITTLE SAMURAI'S		LITTLE SAMURAI'S
4.30 – 5.20 pm	KARATE - COMBINED ALL MEMBERS 6 – 12yrs	KARATE - COMBINED ALL MEMBERS 6 – 16yrs	KARATE - COMBINED ALL MEMBERS 6 – 12yrs	KARATE - COMBINED ALL MEMBERS 6 – 16yrs
6.00 – 6.50 pm	TEENS KARATE	FITNESS KICKBOXING	TEENS KARATE	FITNESS KICKBOXING
7.00 – 8.00 pm	ADULTS KARATE	ADULTS KARATE	ADULTS KARATE	ADULTS KARATE
8.00 – 8.45 pm	KORYU UCHINADI ALL LEVELS	MASTERS CLASS INVITE ONLY		MASTERS CLASS INVITE ONLY
SATURDAYS	8.00 – 8.50 am	ADULTS KARATE	9.00 – 9.45 am	KARATE COMBINED

BMA - JANUARY CLASS TIME TABLE

See BMA in person for further details each year

Each year on notice we run adjusted classes to include beach training up until approximately the third week of January.

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	DOJO TRAINING	BEACH TRAINING	DOJO TRAINING	BEACH TRAINING
4.00 – 4.20 pm		LITTLE SAMURAI'S		LITTLE SAMURAI'S
4.30 – 5.20 pm	KARATE - COMBINED ALL MEMBERS 6 – 12yrs	KARATE - COMBINED ALL MEMBERS 6 – 12yrs	KARATE - COMBINED ALL MEMBERS 6 – 12yrs	KARATE - COMBINED ALL MEMBERS 6 – 12yrs
5.30 – 6.20 pm		KARATE - KICKBOXING COMBINED – 13yrs +		KARATE - KICKBOXING COMBINED – 13yrs +
6.00 – 6.50 pm	TEENS KARATE		TEENS KARATE	
7.00 – 8.00 pm	ADULTS KARATE		ADULTS KARATE	
8.00 – 8.45 pm	KORYU UCHINADI ALL LEVELS			
SATURDAYS	8.00 – 8.50 am	ADULTS KARATE	9.00 – 9.45 am	KARATE COMBINED