DOJO CLASS SCHEDULE

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	MAJOR DOJO	MINOR DOJO	MAJOR DOJO	MINOR DOJO	MAJOR DOJO	MINOR DOJO						
7.15am 8.00am	-								CARDIOFIT HIIT (7.15am-8.00am) Adam Camuglia		CARDIOFIT Boxkick (7.15am-8.00am) Adam Camuglia	
8.15am 9.00am											Tiny Tots FUN KARATE 8.15am-9.00am 2-5yrs	Private Kata Session 8.00am-9.00am Owen Blockley
9.00am											Adam Camuglia Kata Training (9.00am-10.15am) Selected students	By invitation only JU JITSU Falling Self Defense (9.00am-10.30am)
10.30am	-										Branco Bratich By invitation only	All Grades Ben Levy
10.30am 											Elite Kata Training (10.15am-11.30am) Selected students Branco Bratich By invitation only	BUNKAI Junior BLACK BELTS (10.30am-11.30am) Owen Blockley Chris Houghton
11.15am											BLACK BROWN/WHITE BROWN BELTS	BUNKAI Senior BLACK BELTS (11.30am-12.30pm)
12.15pm	-										(11.30am-12.30pm) Adrian Koelewyn	Owen Blockley Chris Houghton
12.45pm	-											
1.45pm												
1.45pm												
2.45pm	-											
3.30pm												
4.00pm												

DOJO CLASS SCHEDULE

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	MAJOR DOJO	MINOR DOJO	MAJOR DOJO	MINOR DOJO	MAJOR DOJO	MINOR DOJO	MAJOR DOJO	MINOR DOJO	MAJOR DOJO	MINOR DOJO	MAJOR DOJO	MINOR DOJO
3.30pm												
4.00pm	CHILDRENS Yellow/white to orange	CHILDRENS Beginners & Yellow/green (4.00pm-5.00pm) Art Comisky			CHILDRENS Yellow/white to orange	CHILDRENS Beginners & Yellow/green	Private Kata Session 3.45pm - 5.00pm		CHILDRENS Yellow/white to orange	CHILDRENS Beginners & Yellow/green		
4.30pm	(4.00pm-5.00pm) Adam Camuglia				(4.00pm-5.00pm) Adam Camuglia	(4.00pm-5.00pm) Art Comisky	Branco Bratich		(4.00pm-5.00pm) Adam Camuglia	(4.00pm-5.00pm) Art Comisky		
5.00pm	CHILDRENS ADVANCED + 12yrs & older				CHILDRENS ADVANCED + 12yrs & older				CHILDRENS ADVANCED + 12yrs & older			
5.30pm	Blue green to brown ALL AGES Adam Camuglia				Blue green to brown ALL AGES Adam Camuglia				Blue green to brown ALL AGES Adam Camuglia			
6.00pm	CARDIOFIT		CARDIOFIT		CARDIOFIT		CARDIOFIT					
6.30pm	BOXKICK (6.10pm -6.55pm) Adam Camuglia		CF45 (6.10pm -6.55pm) Adam Camuglia		TONEUP (6.10pm -6.55pm) Adam Camuglia		HIIT (6.10pm -6.55pm) Jodi Margolis	JU JITSU Falling Self Defense				
7.00pm	SENIORS (7.00pm-8.00pm) Beginners & Advanced Branco Bratich	BROWN/WHITE to BLACK BELTS (7.00-8.30pm)	Elite Kata Training (7.00pm-8.30pm) Selected students Branco Bratich	SENIORS (7.00pm-8.00pm) Beginners & Advanced	ELITE KATA WEDNESDAY (7.00pm -8.30pm)	SENIORS (7.00pm-8.00pm) Beginners &	(6.00pm-7.30pm) All Grades Ben Levy					
7.30pm			Adrian Koelewyn Kumite	By invitation only	Jerome Durham	By invitation only Owen Blockley	Advanced Branco Bratich					
8.00pm	ELITE JUNIOR		Jerome Durham 7.00pm-8.30pm				ELITE KUMITE					
8.30pm	KUMITE MONDAY (8.00-9.00pm) By invitation only Branco Bratich						THURSDAY (8.00-9.00pm) By invitation only Branco Bratich					
9.00pm												

DOJO CLASS SCHEDULE