| | 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 |
| 6.30am | | | | | | | | | | | CARDIOFIT Boxkick (7.15-8.00am) Adam | |
| 7.00am | | | | | | | | | | | | |
| 7.30am | | | | | | | | | | | Tiny Tots FUN KARATE 8.15am-9.00am 2-5yrs Adam | |
| 8.00am | | | | | | | | | | | | |
| 8.30am | | | | | | | | | | | | |
| 9.00am | | | | | CARDIOFIT Toneup (9.15-10.00am) Adam | | | | CARDIOFIT Boxkick (9.15-10.00am) Adam | | | JUNIOR BLACK BELTS (Dans) (9.00-10.00am) Chris Houghton |
| 9.30am | | | | | | | | | | | | |
| 10.00am | | | | | Tiny Tots FUN KARATE 10.15am-11.00am 2-5yrs Adam | | | | Tiny Tots FUN KARATE 10.15am-11.00am 2-5yrs Adam | | JUI JITSU Falling Self Defense (10.00-11.30am) All Grades Ben | BUNKAI Senior BLACK BELTS (10.00-11.00am) Owen |
| 10.30am | | | | | | | | | | | | |
| 11.00am | | | | | | | | | | | BLACK BROWN/WHITE BROWN BELTS (11.00am-12.00am) Adrian | OLYMPIC KUMITE (11.00am-12.30pm) Branco Elie Adults Only |
| 11.30am | | | | | | | | | | | | |
| 12.00pm | | | | | | | | | | | Tournament Novice Kumite 12.00pm - 1.00pm Starts Saturday 26th August | ELITE KATA Branco (12.00-1.00pm) Branco By invitation only |
| 12.30pm | | | | | | | | | | | | |
| 1.00pm | | | | | | | | | | | Tournament Novice Kata 1.00pm - 2.00pm Starts Saturday 26th August | |
| 1.30pm | | | | | | | | | | | | |
| 2.00pm | | | | | | | | | | | MATCH PRACTICE 2.00pm - 3.00pm Except Sat 26th August STARTS 2ND SEPTEMBER Referees invited | |
| 2.30pm | | | | | | | | | | | | |
| 3.00pm | | | | | | | | | | | | |

| | 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 | CHILDREN Yellow to orange/green (4.00pm-5.00pm) Adam | CHILDRENS Beginners to Yellow/red (4.00pm-5.00pm) Colin | | | CHILDREN Yellow to orange/green (4.00pm-5.00pm) Adam | CHILDRENS Beginners to Yellow/red (4.00pm-5.00pm) Colin | | | CHILDREN Yellow to orange/green (4.00pm-5.00pm) Adam | CHILDRENS Beginners to Yellow/red (4.00pm-5.00pm) Colin | | |
| 4.30pm | | | | | | | | | | | | |
| 5.00pm | CHILDRENS ADVANCED (5.00pm-6.00pm) Orange to brown Adam | | | | CHILDRENS ADVANCED (5.00pm-6.00pm) Orange to brown Adam | | | | CHILDRENS ADVANCED (5.00pm-6.00pm) Orange to brown Adam | | | |
| 5.30pm | | | | | | | | | | | | |
| 6.00pm | CARDIOFIT BOXKICK (6.10pm -6.55pm) Adam | | CARDIOFIT CF45 (6.10pm -6.55pm) Adam | | CARDIOFIT TONEUP (6.10pm -6.55pm) Adam | | CARDIOFIT CF45 (6.10pm -6.55pm) Adam | | OLYMPIC KUMITE (6.30-8.00pm) Branco Elite Adults only By invitation only | | | |
| 6.30pm | | OLYMPIC KUMITE (6.30-8.00pm) Branco Elite Adults only | | | | | | OLYMPIC KUMITE (6.30-8.00pm) Branco Elite Adults only | | | | |
| 7.00pm | SENIORS (7.00pm-8.00pm) Jerome Beginners & Advanced | | KUMITE (7.00-8.30pm) Jerome Open to 4th kyu and above | KATA (7.00pm-8.30pm) Jonathan | SENIORS (7.00pm-8.00pm) Owen Beginners & Advanced | | SENIORS (7.00pm-8.00pm) Adam Beginners & Advanced | | | | | |
| 7.30pm | | | | | | | | | | | | |
| 8.00pm | | | | | | | ELITE KATA (8.00pm-9.00pm) Branco By invitation only | ELITE JUNIOR KUMITE (8.00-9.00pm) Jerome By invitation only | | | | |
| 8.30pm | | | BROWN/WHITE BROWN BELTS (7.00-8.30pm) Adrian | | | | | | | | | |
| 9.00pm | | | | | | | | | | | | |