	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 By invitation only
11.30am												
12.00pm											Tournament Novice Kumite 12.00pm - 1.00pm Starts Saturday 26th August	
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 By invitation only			
6.30pm		OLYMPIC KUMITE (6.30-8.00pm) Branco By invitation only						OLYMPIC KUMITE (6.30-8.00pm) Branco By invitation 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) ANITA	SENIORS (7.00pm-8.00pm) Owen Beginners & Advanced	ELITE KATA (6.30pm-7.30pm) Branco By invitation only	SENIORS (7.00pm-8.00pm) Adam Beginners & Advanced					
7.30pm												
8.00pm	ELITE KUMITE (8.00-9.00pm) Jerome By invitation only						ELITE KATA (8.00pm-9.00pm) Branco By invitation only	ELITE KUMITE (8.00-9.00pm) Jerome By invitation only				
8.30pm			BROWN/WHITE BROWN BELTS (7.00-8.30pm) Adrian									
9.00pm												