DOJO CLASS SCHEDULE

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	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 Adam Camuglia	
9.00am 10.30am											Elite Kata 9.00.am - 10.30am Branco & Owen	JU JITSU Falling Self Defense (9.00am-10.30am) All Grades
10.30am											Elite Kumite Training (Branco) 10.30am - 12.00pm Developing Kumite	Ben Levy BUNKAI Senior BLACK BELTS (10.30am-11.30am)
11.15am 11.15am											(Adrian) 10.30am - 11.30am BLACK BROWN/WHITE	Owen Blockley BUNKAI Junior BLACK BELTS
12.15pm											BROWN BELTS (11.30am-12.30pm) Adrian Koelewyn	(11.30am-12.30pm) Chris Houghton
12.45pm 1.45pm											KUMITE DEVELOPMENT 12.30PM - 1.30PM Kellie Shimmings	
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 (4.00pm-5.00pm) Adam Camuglia	CHILDRENS Beginners & Yellow/green (4.00pm-5.00pm) Art Comisky			CHILDRENS Yellow/white to orange (4.00pm-5.00pm) Adam Camuglia	CHILDRENS Beginners & Yellow/green (4.00pm-5.00pm) Art Comisky			CHILDRENS Yellow/white to orange (4.00pm-5.00pm) Adam Camuglia	CHILDRENS Beginners & Yellow/green (4.00pm-5.00pm) Art Comisky		
5.00pm	CHILDRENS ADVANCED + 12yrs & older Blue green to brown ALL AGES Adam Camuglia				CHILDRENS ADVANCED + 12yrs & older Blue green to brown ALL AGES Adam Camuglia		CARDIOFIT (5.45pm -6.30pm) Adam Camuglia		CHILDRENS ADVANCED + 12yrs & older Blue green to brown ALL AGES Adam Camuglia			
6.30pm	SENIORS (6.30pm-7.30pm) Beginners & Advanced Branco Bratich		CARDIOFIT (6.10pm -6.55pm) Adam Camuglia		CARDIOFIT (6.10pm -6.55pm) Adam Camuglia		SENIORS (6.30pm-7.30pm) Beginners & Advanced Branco Bratich	JU JITSU Falling Self Defense				
7.30pm	ELITE KUMITE THURSDAY (7.30-9.00pm) By invitation only Branco Bratich		BROWN/WHITE to BLACK BELTS (7.00-8.30pm) Adrian Koelewyn Kumite Jerome Durham 7.00pm-8.30pm	ELITE KATA TUESDAY (7.00pm -8.30pm) By invitation only Owen Blockley	SENIORS (7.00pm-8.00pm) Beginners & Advanced Jerome Durham	ELITE KATA WEDNESDAY (7.00pm -8.30pm) By invitation only Owen Blockley	ELITE KUMITE THURSDAY (7.30-9.00pm) By invitation only Branco Bratich	(6.00pm-7.30pm) All Grades Ben Levy				

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