

BALLARAT MARTIAL ARTS CENTRE

Dojo 50 Curtis St. BALLARAT Phone 53 337744 or Mobile 0411 097 536

TIMETABLE as from 20/2/2017

MONDAY

Dragons (5-8yrs approx)	4:15 PM - 4:45 PM
(Dragons Green and above extra 15 mins to 5 PM)	
Tigers	5:00 PM - 5:30 PM
(Tigers Purple and above extra 30 mins to 6 PM)	
Juniors	5:00 PM - 5:45 PM
Beginners	6:00 PM - 6:30 PM
Adult Combined Graded	6:00 PM - 6:55 PM
Black Belts (Senpai) Closed Class	7:00 PM - 8:00 PM

TUESDAY

Te-Geri Kickboxing Fitness	6:00 PM - 7:00 PM
----------------------------	-------------------

WEDNESDAY

Dragons (5-8yrs approx)	4:15 PM - 4:45 PM
(Dragons Green and above extra 15 mins to 5 PM)	
Tigers	5:00 PM - 5:30 PM
(Tigers Purple and above extra 15 mins to 5:45 PM)	
Juniors	5:00 PM - 5:45 PM
Little Dragons (3-4 years)	5:45 PM - 6:15 PM
Sparring (Green & above)	6:15 PM - 6:45 PM
Beginners	6:00 PM - 6:30 PM
Adult Combined Graded	6:45 PM - 7:45 PM

THURSDAY

Dragons (5-8yrs approx)	4:15 PM - 4:45 PM
(Dragons Green and above extra 15 mins to 5:00 PM)	
Tigers	5:00 PM - 5:30 PM
(Tigers Purple and above extra 15 mins to 5:45 PM)	
Juniors	5:00 PM - 5:45 PM
Little Dragons (3-4 years)	5:45 PM - 6:15 PM
Kata Only Class	6:15 PM - 7:00 PM
Beginners	6:00 PM - 6:30 PM
Ladies ONLY Karate Class	7:00 PM - 8:00 PM
into	
Adult Combined Graded	7:00 PM - 8:00 PM

FRIDAY

No Classes – Private sessions only

SATURDAY

Adult Combined Graded (including Juniors)	8:30 AM - 9:30 AM
Beginners	8:30 AM - 9:30 AM
Dragons (5-8yrs approx)	9:30 AM - 10:00 AM
Tigers (9yrs to 15yrs)	10:00 AM - 10:30 AM
(Tigers Purple and above)	additional 15 mins to 10:45
Tai-Chi Forms	10:00 AM - 11:00 AM

(Note: Juniors can do adult class on Saturdays only)
(Promoted beginners only)

MINERS REST

THURSDAYS

Dragons (5-8 yrs Approx)	6:00 PM – 6:30 PM
Tigers/Juniors	6:30 PM – 7:00 PM
Beginners	7:00 PM – 7:30 PM
Adults	7:00 PM – 8:00 PM

PLEASE NOTE: The Ladies Only class is designed to introduce ladies into the Karate environment at the early stages of their training. Classes are instructed by female 4th Dan Black Belts, and ladies will be taught the same curriculum as all other students with the purpose of joining regular classes at a later date.