

TERM 1 TIMETABLE

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
MINI BEES 2+		10:00 - 10:30am			10:00 - 10:30am	
BUMBLEBEES 4+						9:00 - 9:30am
WASPS 5+	White & Coloured Belts	4:00 - 4:40pm	4:00 - 4:40pm	4:00 - 4:40pm		9:30 - 10:10am
HORNETS 7+	White & Yellow I Belts		5:30 - 6:20pm		4:40 - 5:30pm	11:50 - 12:40pm
	Yellow II, III, Blue & Red Belts	4:40 - 5:30pm	4:40 - 5:30pm	4:40 - 5:30pm	4:00 - 4:50pm	11:00 - 11:50am
	Cho Dan Bo	6:20 - 7:10pm		5:30 - 6:45pm		10:10 - 11:00am
	Black Belts	5:30 - 6:20pm			5:30 - 6:20pm	10:10 - 11:00am
TEENS 11+	White & Coloured Belts		5:30 - 6:20pm		4:40 - 5:30pm	
	Cho Dan Bo	6:20 - 7:10pm		5:30 - 6:45pm		10:10 - 11:00am
	Black Belts	5:30 - 6:20pm			5:30 - 6:20pm	10:10 - 11:00am
ADULTS 15+	White, Coloured & Black Belts	7:00 - 8:00pm		7:00 - 8:00pm		
ATHLETE PROGRAM 7+	Poomsae Novice & Intermediate	5:30 - 6:30pm		5:30 - 6:30pm		10:50 - 11:50am
	Poomsae Professional	5:30 - 7:00pm		5:30 - 7:00pm		8:00 - 9:00am Strength & Conditioning
	Sparring Novice & Intermediate		6:20 - 7:20pm		6:20 - 7:20pm	11:50 - 12:50pm
	Sparring Professional		6:20 - 7:20pm		6:20 - 7:20pm	8:00 - 9:00am Strength & Conditioning
BOXING & FITNESS 7+	Under 10 years		5:00 - 5:30pm		5:00 - 5:30pm	
	Under 14 years		5:30 - 6:00pm		5:30 - 6:00pm	
	Teens & Adults		6:00 - 6:45pm		6:00 - 6:45pm	