



JUNIORS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				SELF DEFENCE FRIDAYS	9:30 - 10AM KOALAS 2-4yrs
				GI (UNIFORM) is optional for all classes	10 - 10.45AM ALL AGES JUNIORS (5 - 14)
3:30 - 4PM PLAYFUL PANDAS 4 - 7 yrs	3:30PM - 4PM KOALAS 2 - 4yrs	3:30PM - 4PM PLAYFUL PANDAS 4 - 7yrs	3:30PM - 4PM PLAYFUL PANDAS 4 - 7yrs	3:30PM - 4PM KOALAS 2 - 4yrs	
4:10 - 4:55PM MIGHTY MONKEYS 7+ yrs	4:10 - 4:40PM PLAYFUL PANDAS 4 - 7yrs	4:10 - 4:55PM MIGHTY MONKEYS 7+ yrs	4:10 - 4:55PM MIGHTY MONKEYS 7+ yrs	4:10 - 4:40PM PLAYFUL PANDAS 4 - 7yrs	
	4:45- 5:30PM MIGHTY MONKEYS 7+ yrs	5 - 5:30PM KIDS SELF DEFENCE / BULLY STOP PROGRAM	5- 5:30PM ELITE TEAM Invite Only	4:45- 5:30PM MIGHTY MONKEYS 7+ yrs	

CLASS DESCRIPTIONS

KOALAS

2-4'S AGE GROUP. THIS CLASS IS DONE WITH A PARENTS ASSISTANCE TO COMPLETE A NINJA WARRIOR COURSE AND BEGIN TO DEVELOP THE CORE MOTOR SKILLS ESSENTIAL FOR MARTIAL ARTS. GREAT PARENT & CHILD BONDING TIME!

PANDAS

4-7 AGE GROUP. PLAY IS SCIENTIFICALLY PROVEN TO BE THE BEST WAY FOR YOUNG CHILDREN TO LEARN. THIS CLASS IS ALL ABOUT BEGINNING TO GRASP THE CORE MOVES AND POSITIONS IN A FUN, ENGAGING WAY. DEVELOPS CONFIDENCE AND DISCIPLINE.

MONKEYS

7+ AGE GROUP. IN THIS CLASS THE KIDS ARE LEARNING IN A MORE ADULT WAY, THIS BRINGS FOCUS, DISCIPLINE AND REWARD FOR EFFORT TO THE FOREFRONT OF OUR TEACHING STYLE.

ELITE

FOR THE MORE ADVANCED AND OLDER KIDS TO LEARN MORE COMPLEX TECHNIQUE AND ENJOY SOME MORE CHALLENGING ROLLS.

BULLY STOP

A GREAT SELF DEFENCE CLASS. WITH BULLYING ON THE RISE IN SCHOOLS IT IS BECOMING MORE IMPORTANT THAN EVER FOR KIDS TO BE TAUGHT ANTI-BULLYING AND SELF DEFENCE TECHNIQUES.

