



JUNIOR CLASSES

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------------------------------------|------------------------------------------------------|------------------------------------------------|---------------------------------------------|------------------------------------------------------------------|----------------------------------------------------|
| | 9:30 – 10:00 KOALAS 2 - 4 YEARS | | | | 9:00 – 9:30 KOALAS 2 - 4 YEARS |
| | | | | | 9:30 – 10:15 COMBINED ALL AGES (NOGI) |
| 3:30 – 4:00 PANDAS 4 - 7 YEARS | 3:30 – 4:15 MONKEYS 7+ YEARS (NOGI) | 3:30 – 4:00 PANDAS 4 - 7 YEARS | 3:30 – 4:00 KOALAS 2 - 4 YEARS | 3:30 – 4:00 PANDAS 4 - 7 YEARS | 10:15 – 11:00 FAMILY CLASS NOGI |
| 4:00 – 4:45 MONKEYS 7+ YEARS | 4:15 – 4:45 PANDAS 4 - 7 YEARS (NOGI) | 4:00 – 4:45 MONKEYS 7+ YEARS | 4:00 – 4:30 PANDAS 4 - 7 YEARS | 4:00 – 4:45 MONKEYS 7+ YEARS | |
| 4:45 – 5:30 ELITE SQUAD INVITATION ONLY | 4:45 – 5:30 ELITE SQUAD INVITATION ONLY | 4:45 – 5:30 KIDS FITNESS 7+ YEARS | 4:30 – 5:15 MONKEYS 7+ YEARS | 4:45 – 5:30 KIDS COMPETITION CLASS | |

KOALAS (2 - 4 YEARS)

Done with a parent this class is designed to improve gross motor skills, listening skills, discipline and serve as an introduction into martial arts. Loads of fun and a great class for bonding between parent and child.

PANDAS (4 - 7 YEARS)

Play is scientifically proven as the best way for young children to learn. In this class they will develop the same skills and techniques as older kids and adults, but it is taught in a playful manner that will make learning easier and more fun for your child. Great for self-confidence and discipline.

MONKEYS (7+ YEARS)

We want all of our members to achieve to their fullest, in this age group the kids are learning in a more adult structured class. This brings focus, discipline and reward for effort to the forefront of our teaching style.

INFINITY ELITE SQUAD

Our Elite program is invite only and the highest honour in our junior program. This is the advanced class for the kids and one that we hope all junior infinity members aspire to be a part of!

COMPETITION CLASS

This class caters to those juniors looking to test themselves in competition. (This class is a requirement for all junior competitors)

KIDS FITNESS

This class aims to create good healthy habits for juniors with exercise games, workouts and circuit training. Great way to burn off some energy and keep fit.

FAMILY CLASS

This class is open to all ages and covers a fundamental self-defence technique. This class is a great bonding time between families as it is an opportunity for parents, children and siblings to train together.