

### JUNIOR CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>9:30 - 10:00AM</b> <b>FUN &amp; FITNESS</b> <b>4 KIDS</b> 2 - 4 YEARS				<b>9:30 - 10:00AM</b> <b>FUN &amp; FITNESS</b> <b>4 KIDS</b> 2 - 4 YEARS	<b>9:00 - 9:30AM</b> <b>FUN &amp; FITNESS</b> <b>4 KIDS</b> 2 - 4 YEARS	
<b>3:30 - 4:00PM</b> <b>PLAYFUL PANDAS</b> 4 - 7 YEARS	<b>3:30 - 4:00PM</b> <b>PLAYFUL PANDAS</b> 4 - 7 YEARS	<b>3:30 - 4:00PM</b> <b>PLAYFUL PANDAS</b> 4 - 7 YEARS	<b>3:30 - 4:00PM</b> <b>PLAYFUL PANDAS</b> 4 - 7 YEARS	<b>3:30 - 4:00PM</b> <b>PLAYFUL PANDAS</b> 4 - 7 YEARS	<b>9:30 - 10:00AM</b> <b>PLAYFUL PANDAS</b> 4 - 7 YEARS	
<b>3:30 - 4:15PM</b> <b>MIGHTY MONKEYS</b> 7+ YEARS	<b>3:30 - 4:15PM</b> <b>MIGHTY MONKEYS</b> 7+ YEARS	<b>3:30 - 4:15PM</b> <b>MIGHTY MONKEYS</b> 7+ YEARS	<b>3:30 - 4:15PM</b> <b>MIGHTY MONKEYS</b> 7+ YEARS	<b>3:30 - 4:15PM</b> <b>MIGHTY MONKEYS</b> 7+ YEARS	<b>10:15 - 11:00AM</b> <b>MIGHTY MONKEYS</b> 7+ YEARS	
<b>4:15 - 5:00PM</b> <b>MIGHTY MONKEYS</b> 7+ YEARS	<b>4:15 - 5:00PM</b> <b>MIGHTY MONKEYS</b> 7+ YEARS	<b>4:15 - 5:00PM</b> <b>MIGHTY MONKEYS</b> 7+ YEARS	<b>4:15 - 5:00PM</b> <b>MIGHTY MONKEYS</b> 7+ YEARS	<b>4:15 - 5:00PM</b> <b>MIGHTY MONKEYS</b> 7+ YEARS	<b>11:00 - 11:45AM</b> <b>FAMILY CLASS</b> KIDS & ADULTS	
<b>4:15 - 4:45PM</b> <b>PLAYFUL PANDAS</b> 4 - 7 YEARS	<b>4:15 - 4:45PM</b> <b>PLAYFUL PANDAS</b> 4 - 7 YEARS	<b>4:15 - 4:45PM</b> <b>PLAYFUL PANDAS</b> 4 - 7 YEARS	<b>4:15 - 4:45PM</b> <b>PLAYFUL PANDAS</b> 4 - 7 YEARS	<b>4:15 - 4:45PM</b> <b>PLAYFUL PANDAS</b> 4 - 7 YEARS		
	<b>5:00 - 5:45PM</b> <b>JUNIOR MMA</b> 7 - 15 YEARS	<b>5:00 - 5:45PM</b> <b>BJJ</b> 11 - 15 YEARS	<b>5:00 - 5:45PM</b> <b>JUNIOR MMA</b> 7 - 15 YEARS			

### INFINITY ELITE SQUAD CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>5:00 - 5:45PM</b> <b>ELITE SQUAD</b> INVITE ONLY	<b>5:00 - 5:45PM</b> <b>ELITE SQUAD</b> INVITE ONLY		<b>5:00 - 5:45PM</b> <b>ELITE SQUAD</b> INVITE ONLY	<b>5:00 - 5:45PM</b> <b>COMPETITION TEAM</b>		

### CLASS DESCRIPTIONS

#### FUN & FITNESS 4 KIDS

Done with a parent helping the child through a circuit of awesome activities, this class is designed to improve gross motor skills and serve as an intro into Martial Arts training. Loads of fun and a great class for bonding between parent and child.

#### PLAYFUL PANDAS

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

#### MIGHTY MONKEYS

We want all of our members to achieve to their fullest - that is to be mighty! In this age group children learn in a more mature way. This brings focus, discipline and reward for effort to the forefront of our teaching style.

#### JUNIOR MMA

A mixed Martial Arts class designed for juniors to develop their all round skills. This class differs from the BJJ classes available as it uses less ground work.

#### INFINITY ELITE SQUAD

'Invite Only' and the highest honour in our junior program. This is the advanced class for children and one that we hope all Infinity members aspire to be a part of!

#### COMPETITION TEAM

This class is designed as a preparation for children thinking of competing in sport BJJ.

