



JUNIOR CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					9:00am - 9:30am KOALAS 2 - 4 YEARS
					9:45am - 10:30am PANDAS + MONKEYS
3:30pm - 4:00pm PANDAS 4 - 7 YEARS	3:30pm - 4:15pm MONKEYS 7+ YEARS	3:30pm - 4:00pm PANDAS 4 - 7 YEARS	3:30pm - 4:15pm MONKEYS 7+ YEARS	3:30pm - 4:00pm PANDAS 4 - 7 YEARS	
4:10pm - 4:55pm MONKEYS 7+ YEARS	4:25pm - 4:55pm PANDAS 4 - 7 YEARS	4:10pm - 4:55pm MONKEYS 7+ YEARS	4:25pm - 4:55pm PANDAS 4 - 7 YEARS	4:10pm - 4:55pm MONKEYS 7+ YEARS	
5:00pm - 5:30pm SPARRING / COMP TEAM		5:00pm - 5:30pm SPARRING / COMP TEAM			

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.

SPARRING / COMP TRAINING

This class is a 30 minute sparring class designed to improve the application of techniques with realistic timing and resistance. Great class for those wanting to improve their Jiu Jitsu and those wanting to compete.