



JUNIOR CLASSES

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|
| | | | | | 9:00am - 9:30am KOALAS 2-4yrs |
| 3:45pm - 4:15pm PANDAS 4-7yrs • Gi | 3:45pm - 4:15pm PANDAS 4-7yrs • NoGi | 3:45pm - 4:15pm PANDAS 4-7yrs • Gi | 3:45pm - 4:15pm PANDAS 4-7yrs • NoGi | 3:45pm - 4:15pm PANDAS 4-7yrs • Gi | 9:30am - 10:15am COMBINED All ages • NoGi |
| 4:15pm - 5pm MONKEYS 7+yrs • Gi | 4:15pm - 5pm MONKEYS 7+yrs • NoGi | 4:15pm - 5pm MONKEYS 7+yrs • Gi | 4:15pm - 5pm MONKEYS 7+yrs • NoGi | 4:15pm - 5pm MONKEYS 7+yrs • Gi | 10:15am - 11:00am ELITE SQUAD Invite only • NoGi |
| | 5:00pm - 5:45pm JNR MMA 7+yrs | 5:00pm - 5:45pm ELITE SQUAD Invite only • Gi | 5:00pm - 5:45pm JNR MMA 7+yrs | | |
| | | | | | |

KOALAS 2-4

A fun parent participation class. Designed to improve gross motor skills, listening skills, discipline and serve as an introduction to martial arts. A great class for bonding between parent and child.

PANDAS 4-7

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

MONKEYS 7+

In this age group the kids are learning in a more adult-structured class. Focus, discipline and reward for effort are at the forefront of our teaching style.

JNR MMA 7+

A mixed martial arts class designed for juniors to develop their all-round skills. There is a big focus on striking in this class. A mouth guard **MUST** be worn for this class.

ELITE SQUAD

Invite only and the highest honour in our kids program. We hope all the kids aspire to be a part of this advanced class!

NO GI

Without the GI (uniform). Wear shorts and a rash guard or T-shirt.

