

# SUNSHINE COAST KARATE

**PHONE: 0435 255 323**

## Training Schedule

Effective from Monday 13th August 2018

**Ph - 0435 255 323**

www.SunshineCoastKarate.com.au

|                  | MAIN DOJO  | UPSTAIRS DOJO   |
|------------------|--|---|
| <b>MONDAY</b>    | 3:45 - 4:25pm Little Champions (4-7yrs)<br>4:30 - 5:25pm Karate Kids (all levels)<br>5:30 - 6:10pm Karate Kids Extension (green belt +)<br>6:15 - 8:00pm Teens/Adults (all levels)   | 3:45 - 4:25pm Little Champions (4-7yrs)<br>4:30 - 5:25pm Karate Kids (all levels) |
| <b>TUESDAY</b>   | 6:00 - 7:00am Teens/Adults (all levels)<br>9:30 - 10:30am Teens/Adults (all levels)<br>3:45 - 4:25pm Little Champions (4-7yrs)<br>4:30 - 5:25pm Karate Kids (all levels)<br>5:30 - 6:10pm Karate Kids Extension (green belt +)<br>6:15 - 8:00pm Teens/Adults (all levels)                                  | 3:45 - 4:40pm Karate Kids (all levels)<br>4:45 - 5:25pm Little Champions (4-7yrs) |
| <b>WEDNESDAY</b> | 3:45 - 4:25pm Little Champions (4-7yrs)<br>4:30 - 5:25pm Karate Kids (all levels)<br>5:30 - 6:10pm Karate Kids Extension (green belt +)<br>6:15 - 8:00pm Teens/Adults (all levels)   | 3:45 - 4:25pm Little Champions (4-7yrs)<br>4:30 - 5:25pm Karate Kids (all levels) |
| <b>THURSDAY</b>  | 6:00 - 7:00am Teens/Adults (all levels)<br>9:30 - 10:30am Teens/Adults (all levels)<br>10:40 - 11:30am Over 50's U3A<br>3:45 - 4:25pm Little Champions (4-7yrs)<br>4:30 - 5:25pm Karate Kids (all levels)<br>5:30 - 6:10pm Karate Kids Extension (green belt +)<br>6:15 - 8:00pm Teens/Adults (all levels) | 3:45 - 4:40pm Karate Kids (all levels)<br>4:45 - 5:25pm Little Champions (4-7yrs) |
| <b>FRIDAY</b>    | 3:45 - 4:25pm Little Champions Squad (4-7yrs)<br>4:30 - 6:10pm Junior Squad Training (8-13 yrs)<br>6:15 - 8:00pm Senior Squad Training (teens/adults)  | 3:45 - 4:25pm Little Champions (4-7yrs)<br>4:30 - 5:25pm Karate Kids (all levels) |
| <b>SATURDAY</b>  | 8:45 - 9:25am Little Champions (4-7yrs)<br>9:30 - 10:25am Karate Kids (all levels)<br>10:30 - 11:30am Teens/Adults (all levels)  |   |

**\*All 3:45pm classes: meet in main training space before class**

### Notes

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| Little Champions (4-7yrs)                              | Students may only train in one class per day only.   |
| Karate Kids (8-15yrs) All levels                       | Students of all levels are encouraged to train, often the class is split into groups by level.   |
| Karate Kids (8-15yrs)<br>Green belt + (Extension)      | This class is an extension of the kids class (all levels). This class will mostly focus on more advanced curriculum content for belt advancement. Suitable for green stripe and above.   |
| Over 50's U3A  | This class is only open to members of the U3A Sunshine Coast. For more information about the U3A, visit their website: <a href="http://u3asunshine.org.au/www/">http://u3asunshine.org.au/www/</a>   |
| Friday Squad Training<br>(Invitation/application only) | This class should not be used as a replacement for your basic training class, but an addition. If you are interested in competing in tournaments you should do this class. All participants must have their own personal protective equipment: gloves, mouth guard, shin/instep protectors, groin guard (male) |

On **PUBLIC HOLIDAYS** the dojo will be closed and there will be no classes. If there is a long weekend as a result of the public holiday, there will also be no Saturday classes.

If you miss class for any reason, please notify dojo staff as soon as possible and book a **MAKE UP LESSON**, in advance if possible.

Text message: 0435 255 323

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Facebook message: [facebook.com/SunshineCoastKarate](https://www.facebook.com/SunshineCoastKarate)

