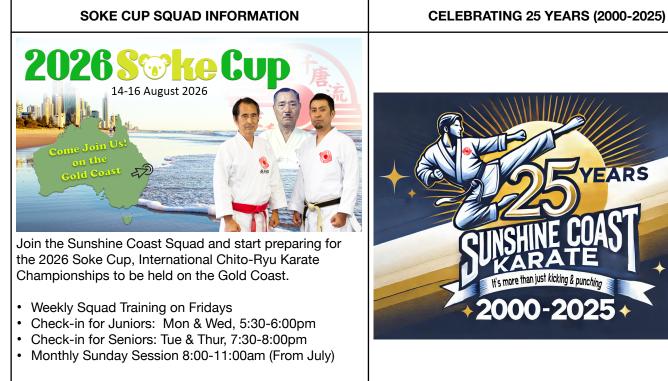


Training Schedule

Effective From - Tue, 22 April 2025

Maroochydore Dojo						
MON	TUE	WED	THUR	FRI	SAT	
	6:00 - 7:00am Teens & Adults		6:00 - 7:00am Teens & Adults			
					8:40 - 9:20am Little Champions	
	9:30 - 10:30am Teens & Adults		9:30 - 10:30am Teens & Adults		9:30 - 10:20am Kids	
					10:30 - 11:30am Teens & Adults	
3:40 - 4:20pm Little Champions	3:40 - 4:20pm Little Champions	3:40 - 4:20pm Little Champions	3:40 - 4:20pm Little Champions			
4:30 - 5:20pm Kids	4:30 - 5:20pm Kids	4:30 - 5:20pm Kids	4:30 - 5:20pm Kids	Junior Squad 6-12 Yrs		
5:30 - 6:00pm Self Training	5:30 - 6:20pm Kobujutsu	5:30 - 6:00pm Self Training	5:30 - 6:20pm Family Class	Colour Belts only 4:30-6:00pm (Kata / Kumite)		
6:00 - 7:00pm Teens & Adults	6:30 - 7:30pm	6:00 - 7:00pm Kobujutsu	6:30 - 7:30pm	Senior Squad 6:00-6:30pm		
7:00 - 8:00pm Kobujutsu	Teens & Adults 7:30 - 8:00pm Self Training	7:00 - 8:00pm Teens & Adults	Teens & Adults 7:30 - 8:00pm Self Training	(Kobujutsu) 6:30-8:00pm (Kata / Kumite)		

Please refer to the back of this page for additional information about classes.



Speak to instructors for more information.

Phone/Txt: 0435 255 323

Email:sck@SunshineCoastKarate.com.auFacebook:facebook.com/SunshineCoastKarateWeb:SunshineCoastKarate.com.au





About The Classes & Important Notes		
Little Champions	This class is for students 4-7 years of age (& parents). Any parents with an active membership are welcome to join these classes for FREE as a bonus.	
Kids	This class is for students 8-12 years of age (& parents). Any parents with an active membership are welcome to join these classes for FREE as a bonus.	
Family Class	These classes are for students of all ages and are offered as a chance for family groups to train together. Little Champions (4-7 yrs) may only participate with a parent.	
Teens & Adult	These classes for students 13 yrs & above only.	
Kobujutsu Classes	Only for members with an unlimited ALL Access Membership. Kobujutsu (weapons) classes only for green belt & above.	
Tournament Squad Classes	Tournament Squad Classes are open to all coloured belt members (not suitable for white belt students). All participants must have their own personal protective equipment (see below for details). There will not be any progress checks in these class.	
Public Holidays	The dojo will be closed for public holidays 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.	
Make Up Lessons	If you miss class for any reason, delete your booking in the ClubWorx member portal and book yourself a make up lesson, in advance if possible. <u>https://app.clubworx.com/websites/sck/members/login</u>	



Personal Protective Equipment

Kumite (sparring) is scheduled into classes for all ages every second day. For your safety, all students who have graded (everyone except white belts) MUST bring their own personal protective equipment to the dojo for ALL classes.

Order Online OR Dojo Club Shop - https://karate4life.com/product-tag/protective-equpment/ (scan QR code)

Essential equipment for training & tournaments: gloves, shin/instep protectors, mouth guard, groin guard (male). Body gear & head gear may be borrowed from the dojo.