

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Karate (Teens/Adults) All Levels 6.00 – 6.55am ~ New Students Welcome ~		Karate (Teens/Adults) All Levels 6.00 – 6.55am ~ New Students Welcome ~		A VARIETY OF EVENTS: Gradings, Workshops, Beach Training, Social Events <i>(Refer to calendar for details)</i> Private Lessons <i>Bookings essential</i> <i>Pre-paid only</i> 30 minute private lesson \$40 per lesson, or 5 lessons for \$160
	Karate (Teens/Adults) All Levels 9.30 – 10.25am ~ New Students Welcome ~		Karate (Teens/Adults) All Levels 9.30 – 10.25am ~ New Students Welcome ~		
Little Champions Karate 4-7 yrs, All levels 3.45 – 4.25pm ~ New Students Welcome ~	Karate Kids (8-13 yrs) All levels 3.45 – 4.25pm ~ New Students Welcome ~	Little Champions Karate 4-7 yrs, All levels 3.45 – 4.25pm ~ New Students Welcome ~	Karate Kids (8-13 yrs) All levels 3.45 – 4.25pm ~ New Students Welcome ~	Little Champions Karate 4-7 yrs, All levels 3.45 – 4.25pm ~ New Students Welcome ~	
Little Champions Karate Intermediate: Yellow Stripe + 4.30 – 5.10pm	Little Champions Karate 4-7 yrs, All levels 4.30 – 5.10pm ~ New Students Welcome ~	Karate Kids (8-13 yrs) Intermediate: Green Belt + 4.30 – 5.10pm	Little Champions Karate 4-7 yrs, All levels 4.30 – 5.10pm ~ New Students Welcome ~	Karate Kids (8-13 yrs) All levels 4.30 – 5.10pm ~ New Students Welcome ~	
Karate Kids (8-13 yrs) All levels 5.15 – 5.55pm ~ New Students Welcome ~	Karate Kids (8-13 yrs) Intermediate: Green Belt + 5.15 – 5.55pm	Karate Kids (8-13 yrs) All levels 5.15 – 5.55pm ~ New Students Welcome ~	Little Champions Karate Intermediate: Yellow Stripe + 5.15 – 5.55pm	Kids Kumite (Sparring) 8-13 yrs, All levels 5.15 – 5.55pm	
Advanced Karate Class Brown Belt – Black Belt 6.00 – 6.55pm	Filming Session <i>Participation by Invitation Only</i> 6.00 – 6.55pm	Family Karate Class All Ages, All Levels 6.00 – 6.55pm	Karate Kids (8-13 yrs) Intermediate: Green Belt + 6.00 – 6.55pm	Kata Class All levels, All Levels 6.00 – 6.55pm	
Family Karate Class All Ages, All Levels 7.00 – 7.55pm	Karate (Teen/Adult) All Levels 7.00 – 7.55pm ~ New Students Welcome ~	Karate (Teen/Adult) All Levels 7.00 – 7.55pm ~ New Students Welcome ~	Karate (Teen/Adult) All Levels 7.00 – 7.55pm ~ New Students Welcome ~	Teen/Adult Kumite (Sparring) Teens & Adults, All Levels 7.00 – 7.55pm	

FAMILY CLASSES: Please note that these classes are for families only. It is not recommended that you only do family classes unless you absolutely have no other choice. To get the most out of your training please be sure to attend a class appropriate to your age and level. Family classes are designed to give parents time with their children and as such are generally a more basic format.

KATA/KUMITE CLASSES: Kata/Kumite classes are a great way to extend on your basic training and help you prepare for tournament competition. In order to participate in these classes you must be doing a minimum of two basic training classes for your level.

FREE Member Resources Online @ www.SunshineCoastKarate.com.au

Get Social Online:



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



[sckarate2000](https://twitter.com/sckarate2000)



[sckarate2000](https://www.youtube.com/sckarate2000)