

PHONE: 0435 255 323

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

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

Notes

Parents	Parents who are also members are welcome to train with their own children in any general classes for Little Champions or Karate Kids.
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) 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: http://u3asunshine.org.au/www/
Friday Squad Training (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, deleted you booking in Zen Planner and book yourself a **MAKE UP LESSON**, in advance if possible. <https://sck/zenplanner.com>

Any questions or problems with class bookings, we'll be happy to help.
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Email: martin@karate4life.com.au
Facebook message: [facebook.com/SunshineCoastKarate](https://www.facebook.com/SunshineCoastKarate)