

| 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 4:30-6:00pm (Kata / Kumite) 6:00-6:30pm (Kobujutsu) | |
| 5:30 - 6:00pm Self Training | 5:30 - 6:00pm Self Training | 5:30 - 6:00pm Self Training | 5:30 - 6:20pm Family Class | | |
| 6:00 - 7:00pm Teens & Adults | 6:00 - 7:00pm Teens & Adults | 6:00 - 7:00pm Teens & Adults | 6:30 - 7:30pm Teens & Adults | Senior Squad 6:00-6:30pm (Kobujutsu) 6:30-8:00pm (Kata / Kumite) | |
| 7:00 - 8:00pm Kobujutsu | 7:00 - 8:00pm Brown & Black | 7:00 - 8:00pm Kobujutsu | 7:30 - 8:00pm Self Training | | |

| Online Zoom Classes (All Ages) | | | | | |
|---|-----|-------------------------------|------|-----|-----|
| MON | TUE | WED | THUR | FRI | SAT |
| Live Online Classes via ZOOM, All ages (60 minutes) - Class link: https://zoom.us/j/882684360 | | | | | |
| 6:00 - 7:00pm Online Class | | 6:00 - 7:00pm Online Class | | | |

| About The Classes & Important Notes | |
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| 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 & Squad Classes | Only for members with an unlimited ALL Access Membership. Kobujutsu (weapons) classes only for blue belt & above. Tournament Squad Classes by invitation only. Speak to instructors if you are interested. |
| Self Training | This is not a class, but the dojo will be available for your personal self training (conditioning, flexibility, kata, bunkai, weapons, or anything else you want to practice) or to book in a private lesson with instructors. Instructors will be available to answer questions, if required. |
| Online Class | All members with a Basic Membership (2 classes per week) or All Access Membership may attend online classes in addition to classes at the dojo. Little Champions (4-7 yrs) may only participate with a parent. |
| 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. https://app.clubworx.com/websites/sck/members/login |

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