

Kids Program

	Monday			Tuesday			Wednesday			Thursday		
	Area 1	Area 2	Area 3	Area 1	Area 2	Area 3	Area 1	Area 2	Area 3	Area 1	Area 2	Area 2
4.00pm	Tiny Tigers (3.5-6) 4.00-4.45pm			Tiny Tigers (3.5-6) 4.00-4.45pm			Tiny Tigers (3.5-6) 4.00-4.45pm			Tiny Tigers (3.5-6) 4.00-4.45pm		
4.45pm	Little Lions (6-9) 4.45-5.30pm			Little Lions (6-9) 4.45-5.30pm	Junior Karate 4.45-5.30pm	Junior MT (5-10) 4.45-5.30pm	Little Lions (6-9) 4.45-5.30pm			Little Lions (6-9) 4.45-5.30pm	Junior Karate 4.45-5.30pm	Junior MT (5-10) 4.45-5.30pm
5.30pm	Junior Teens BJJ (9-12) 5.30-6.30pm	Senior Teens BJJ (12-16) 5.30-6.30pm	Junior MMA (9-16) 5.30-6.30pm	Teens MT (11-16) 5.30-6.30pm			Junior Teens BJJ (9-12) 5.30-6.30pm	Senior Teens BJJ (12-16) 5.30-6.30pm	Junior MMA (9-16) 5.30-6.30pm	Kids Wrestling 5.00-6.00pm	Teens MT (11-16) 5.30-6.30pm	
8.30pm	Open Drilling											
9.00pm	Gym Close											

	Saturday			
	Area 1	Area 2	Area 3	Area 4
8.15am				Junior MT (5-10) 8.15-9.00am
8.30am	Mini Ninjas (<3.5) 8.30-9.00am	Tiny Tigers (3.5-6) 8.30-9.15am	Junior Karate 8.30-9.15am	
9.00am				
9.15am	Little Lions (6-9) 9.15-10.00am		Senior Karate 9.15-10.00am	
10.00am				
11.00am	BJJ Kids and Parents 11.00-12.00am			



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