

# 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	<b>Tiny Tigers</b> (3.5-6) 4.00-4.45pm			<b>Tiny Tigers</b> (3.5-6) 4.00-4.45pm			<b>Tiny Tigers</b> (3.5-6) 4.00-4.45pm			<b>Tiny Tigers</b> (3.5-6) 4.00-4.45pm		
4.45pm	<b>Little Lions</b> (6-9) 4.45-5.30pm			<b>Little Lions</b> (6-9) 4.45-5.30pm	<b>Junior Karate</b> 4.45-5.30pm	<b>Junior MT</b> (5-10) 4.45-5.30pm	<b>Little Lions</b> (6-9) 4.45-5.30pm			<b>Little Lions</b> (6-9) 4.45-5.30pm	<b>Junior Karate</b> 4.45-5.30pm	<b>Junior MT</b> (5-10) 4.45-5.30pm
5.30pm	<b>Junior Teens BJJ</b> (9-12) 5.30-6.30pm	<b>Senior Teens BJJ</b> (12-16) 5.30-6.30pm	<b>Junior MMA</b> (9-16) 5.30-6.30pm	<b>Teens MT</b> (11-16) 5.30-6.30pm			<b>Junior Teens BJJ</b> (9-12) 5.30-6.30pm	<b>Senior Teens BJJ</b> (12-16) 5.30-6.30pm	<b>Junior MMA</b> (9-16) 5.30-6.30pm	<b>Kids Wrestling</b> 5.00-6.00pm	<b>Teens MT</b> (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				<b>Junior MT</b> (5-10) 8.15-9.00am
8.30am	<b>Mini Ninjas</b> (<3.5) 8.30-9.00am	<b>Tiny Tigers</b> (3.5-6) 8.30-9.15am	<b>Junior Karate</b> 8.30-9.15am	
9.00am				
9.15am	<b>Little Lions</b> (6-9) 9.15-10.00am		<b>Senior Karate</b> 9.15-10.00am	
10.00am				
11.00am	<b>BJJ Teens &amp; Parents</b> 11.00-12.00am			



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Gym Close