

**VTI 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 (4-6)</b><br>4:00-4:45pm       |  |   | <b>Tiny Tigers (4-6)</b><br>4:00-4:45pm       |  |                                 | <b>Tiny Tigers (4-6)</b><br>4:00-4:45pm       |  |   | <b>Tiny Tigers (4-6)</b><br>4:00-4:45pm       |  |                                 |
| 4.45pm | <b>Little Lions (6-9)</b><br>4:45-5:30pm      |  |   | <b>Little Lions (6-9)</b><br>4:45-5:30pm      | <b>Karate</b><br>4:45-5:30pm                 | <b>Junior MT</b><br>4:45-5:30pm | <b>Little Lions (6-9)</b><br>4:45-5:30pm      |  |   | <b>Little Lions (6-9)</b><br>4:45-5:30pm      | <b>Karate</b><br>4:45-5:30pm                 | <b>Junior MT</b><br>4:45-5:30pm |
| 5.30pm | <b>Junior Teens BJJ (9-12)</b><br>5:30-6:30pm | <b>BJJ Teens and Adults</b><br>5:30 – 6:30pm | <b>Teens MMA (12-16)</b><br>5:30-6:30pm | <b>Junior Teens BJJ (9-12)</b><br>5:30-6:30pm | <b>BJJ Teens and Adults</b><br>5:30 – 6:30pm | <b>Teens MT</b><br>5:30-6:30pm  | <b>Junior Teens BJJ (9-12)</b><br>5:30-6:30pm | <b>BJJ Teens and Adults</b><br>5:30 – 6:30pm | <b>Teens MMA (12-16)</b><br>5:30-6:30pm | <b>Junior Teens BJJ (9-12)</b><br>5:30-6:30pm | <b>BJJ Teens and Adults</b><br>5:30 – 6:30pm | <b>Teens MT</b><br>5:30-6:30pm  |
| 8.30pm | Gym Closed                                    |  |   |   |  |                                 |   |  |   |   |  |                                 |

|         | Saturday                                      |   |   |                                 |
|---------|---|---|---|---------------------------------|
|         | Area 1  | Area 2                                  | Area 3  | Area 4                          |
| 8.15am  |   |   |   | <b>Junior MT</b><br>8:15-9:00am |
| 8.30am  | <b>Mini Ninjas (&lt;3.5)</b><br>8:30-9:15am   | <b>Tiny Tigers (4-6)</b><br>8:30-9:15am | <b>Fundamental Kids Karate</b><br>8:30-9:15am   |                                 |
| 9.00am  |   |   |   |                                 |
| 9.15am  | <b>Little Lions (6-9)</b><br>9:15-10:00am     |   | <b>Intermediate Kids Karate</b><br>9:15-10:00am |                                 |
| 10.00am |   |   |   |                                 |
| 11.00am | <b>BJJ Teens and Parents</b><br>11:15-12:15pm |   |   |                                 |
|         | Gym Close                                     |   |   |                                 |