



2024 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 (4-6) 4:00-4:45pm			Tiny Tigers (4-6) 4:00-4:45pm			Tiny Tigers (4-6) 4:00-4:45pm			Tiny Tigers (4-6) 4:00-4:45pm		
4.45pm	Little Lions (6-9) 4:45-5:30pm			Little Lions (6-9) 4:45-5:30pm	Karate MMA 4:45 - 5:30pm	Junior MT 4:45-5:30pm	Little Lions (6-9) 4:45-5:30pm			Little Lions (6-9) 4:45-5:30pm	Karate MMA 4:45-5:30pm	Junior MT 4:45-5:30pm
5.30pm	Junior Teens BJJ (9-12) 5:30-6:30pm	BJJ Senior Teens and Adults 5:30 - 6:30pm	Teens MMA (12-16) 5:30-6:30pm		BJJ Senior Teens and Adults 5:30 - 6:30pm	Teens MT 5:30-6:30pm	Junior Teens BJJ (9-12) 5:30-6:30pm	BJJ Senior Teens and Adults 5:30 - 6:30pm	Teens MMA (12-16) 5:30-6:30pm		BJJ Senior Teens and Adults 5:30 - 6:30pm	Teens MT 5.30-6.30pm
8.30pm	Gym Closed											

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

*Please note: Classes are subject to change. Our live timetable can be viewed via the VT1 App.