

TERM 3 TIMETABLE

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
MINI BEES 2+		10:00 - 10:30am			10:00 - 10:30am		9:30 - 10:00am
BUMBLEBEES 4+						8:30 - 9:00am	10:00 - 10:30am
						9:00 - 9:30am	
WASPS 5+	White & Coloured Belts	4:00 - 4:40pm	4:00 - 4:40pm	4:00 - 4:40pm		9:30 - 10:10am	10:30 - 11:10am
HORNETS 7+	White & Yellow I Belts	4:40 - 5:30pm	4:40 - 5:30pm		4:40 - 5:30pm	11:50 - 12:40pm	
	Yellow II, III, Blue & Red Belts	4:40 - 5:30pm	4:40 - 5:30pm	4:40 - 5:30pm	4:00 - 4:50pm	11:00 - 11:50am	10:30 - 11:20am
	Cho Dan Bo	6:20 - 7:10pm		5:30 - 6:45pm		10:10 - 11:00am	
	Black Belts	5:30 - 6:20pm			5:30 - 6:20pm	10:10 - 11:00am	
TEENS 11+	White & Coloured Belts		5:30 - 6:20pm		4:40 - 5:30pm		
	Cho Dan Bo	6:20 - 7:10pm		5:30 - 6:45pm		10:10 - 11:00am	
	Black Belts	5:30 - 6:20pm			5:30 - 6:20pm	10:10 - 11:00am	
ADULTS 15+	White, Coloured & Black Belts	7:00 - 8:00pm		7:00 - 8:00pm			
ATHLETE PROGRAM 7+	Poomsae Novice & Intermediate			6:00 - 7:00pm		11:50 - 1:50pm	
	Poomsae Professional			6:00 - 7:30pm		11:50 - 1:50pm	
	Sparring Novice & Intermediate		6:20 - 7:50pm		6:20 - 7:50pm		
	Sparring Professional		6:20 - 7:50pm		6:20 - 7:50pm		
BOXING & FITNESS 7+	Under 14 years		5:30 - 6:00pm				10:00 - 10:30am
	Teens & Adults		6:00 - 6:45pm				9:15 - 10:00am