

JUNIOR TIMETABLE

Ages 2 - 4 **KOALAS** (PARENT PARTICIPATION)

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|---------|-----------|----------|----------------|---------------|--------|
| | | | | 9:30 - 10:00AM | 9:00 - 9:30AM | |

Ages 4 - 7 **PANDAS**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------|---------------|---------------|---------------|---------------|----------------|--------|
| 3:30 - 4:00PM | 3:30 - 4:00PM | 3:30 - 4:00PM | 3:30 - 4:00PM | 3:30 - 4:00PM | 9:30 - 10:00AM | |

Ages 7 - 11 **MONKEYS**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------|---------------|---------------|---------------|---------------|-----------------|--------|
| 4:00 - 4:40PM | 4:00 - 4:40PM | 4:00 - 4:40PM | 4:00 - 4:40PM | 4:00 - 4:40PM | 10:00 - 10:40AM | |

Ages 11 - 15 **SHARKS**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------|---------------|---------------|---------------|---------------|-----------------|--------|
| 4:40 - 5:20PM | 4:40 - 5:20PM | 4:40 - 5:20PM | 4:40 - 5:20PM | 4:40 - 5:20PM | 10:00 - 10:40AM | |

ELITE SQUAD (INVITE ONLY)

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|---------------|-----------|------------------------|--------|----------|--------|
| | 5:20 - 6:00PM | | 5:20 - 6:00PM NO-GI | | | |

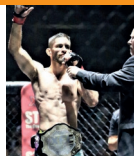
PRIVATE TRAINING

PATRICK (BOXING/MMA/BJJ)



0405 919 290

KIERAN (BOXING/MMA/BJJ)



0452 601 966

TAMIKA (BJJ)



0499 826 340



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