

Maroochydore Dojo					
MON	TUE	WED	THUR	FRI	SAT
	6:00 - 7:00am Teens & Adults		6:00 - 7:00am Teens & Adults		
					8:40 - 9:20am Little Champions
	9:30 - 10:30am Teens & Adults		9:30 - 10:30am Teens & Adults		9:30 - 10:20am Kids
					10:30 - 11:30am Teens & Adults
3:40 - 4:20pm Little Champions	3:40 - 4:20pm Little Champions	3:40 - 4:20pm Little Champions	3:40 - 4:20pm Little Champions	Junior Squad 6-12 Yrs Colour Belts only 4:30-6:00pm (Kata / Kumite)	
4:30 - 5:20pm Kids	4:30 - 5:20pm Kids	4:30 - 5:20pm Kids	4:30 - 5:20pm Kids		
5:30 - 6:00pm Self Training	5:30 - 6:00pm Self Training	5:30 - 6:00pm Self Training	5:30 - 6:20pm Family Class		
6:00 - 7:00pm Teens & Adults	6:00 - 7:00pm Teens & Adults	6:00 - 7:00pm Teens & Adults	6:30 - 7:30pm Teens & Adults	Senior Squad 6:00-6:30pm (Kobujutsu) 6:30-8:00pm (Kata / Kumite)	
7:00 - 8:00pm Kobujutsu	7:00 - 7:30pm Self Training	7:00 - 8:00pm Kobujutsu	7:30 - 8:00pm Self Training		

About The Classes & Important Notes

<i>Little Champions</i>	This class is for students 4-7 years of age (& parents). Any parents with an active membership are welcome to join these classes for FREE as a bonus.
<i>Kids</i>	This class is for students 8-12 years of age (& parents). Any parents with an active membership are welcome to join these classes for FREE as a bonus.
<i>Family Class</i>	These classes are for students of all ages and are offered as a chance for family groups to train together. Little Champions (4-7 yrs) may only participate with a parent.
<i>Teens & Adult</i>	These classes for students 13 yrs & above only.
<i>Kobujutsu Classes</i>	Only for members with an unlimited ALL Access Membership. Kobujutsu (weapons) classes only for blue belt & above.
<i>Tournament Squad Classes</i>	Tournament Squad Classes are open to all coloured belt members (not suitable for white belt students). All participants must have their own personal protective equipment (see below for details). There will not be any progress checks in these class.
<i>Public Holidays</i>	The dojo will be closed for public holidays and there will be no classes. If there is a long weekend as a result of the public holiday, there will also be no Saturday classes.
<i>Make Up Lessons</i>	If you miss class for any reason, delete your booking in the ClubWorx member portal and book yourself a make up lesson, in advance if possible. https://app.clubworx.com/websites/sck/members/login

Personal Protective Equipment

	Kumite (sparring) is scheduled into classes for all ages every second day. For your safety, all students who have graded (everyone except white belts) MUST bring their own personal protective equipment to the dojo for ALL classes. Order Online OR Dojo Club Shop - https://karate4life.com/product-tag/protective-equipment/ (scan QR code) Required equipment for training & tournaments: gloves, shin/instep protectors, mouth guard, groin guard (male). Body gear & head gear may be borrowed from the dojo.
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