

## KMA MARTIAL ARTS WOLLONGONG 2019 TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM Private Training by Appointment	AM Private Training by Appointment	AM Private Training by Appointment	AM Private Training by Appointment	AM Private Training by Appointment	9:30am – 10:00am Little Dragons Pre-School Class
9:30am – 10:00am Little Dragons Pre-School Class		9:30am – 10:00am Little Dragons Pre-School Class		9:30am – 10:00am Little Dragons Pre-School Class	10:00am – 10:40am Hapkido Junior White – Orange
10:00am – 10:40am Women's only Fitness class		10:00am – 10:40am Women's only Fitness class		10:00am – 10:40am Women's only Fitness class	10:40am – 11:20am Hapkido Junior Green - Black
4:00pm – 4:30pm Little Dragons Pre-School Class	4:00pm – 4:30pm	4:00pm – 4:30pm Little Dragons Pre-School Class	3:50pm – 4:30pm Sparring <i># Extension Program</i>	4:00pm – 4:30pm Little Dragons Pre-School Class	AM/PM Private Training by Appointment  PM Only Birthday Parties  <b># Extension Program</b> Requirements: Green belt or above Must be in Black Belt or Masters Membership  <b>**Weapons Systems</b> (1 each term) Kamas - Sword Bo - Nunchucks Please enquire at reception for this term's weapon
4:30pm – 5:10pm Hapkido Junior White – Orange	4:30pm – 5:10pm Hapkido Junior White – Orange	4:30pm – 5:10pm Hapkido Junior White – Orange	4:30pm – 5:10pm Acrobatics <i># Extension Program</i>	4:30pm – 5:10pm Hapkido Junior White – Orange	
5:10pm – 5:50pm Hapkido Junior Green - Purple	5:10pm – 5:50pm Hapkido Junior Green - Purple	5:10pm – 5:50pm Hapkido Junior Green - Purple	5:10pm – 5:50pm <b>**Weapons System</b> <i># Extension Program</i>	5:10pm – 5:50pm Hapkido Junior Green - Purple	
5:50pm – 6:30pm Hapkido Junior Brown - Black	5:50pm – 6:30pm Hapkido Junior Brown - Black	5:50pm – 6:30pm Hapkido Junior Brown - Black	5:50pm – 6:30pm Tricking/Advance Acro <i># Extension Program</i>	5:50pm – 6:30pm Hapkido Junior Brown - Black	
6:30pm – 7:10pm Hapkido Teen - Adults	6:30pm – 7:10pm Boxing Fitness Teen - Adults	6:30pm – 7:10pm Hapkido Teen - Adults	6:30pm – 7:10pm Boxing Fitness Teen - Adults	6:30pm – 7:10pm Hapkido Teen - Adults	
7:10pm – 7:50pm World Taekwondo Teen - Adults	7:10pm – 7:50pm Amateur Boxing Junior & Senior	7:10pm – 7:50pm World Taekwondo Teen - Adults	7:10pm – 7:50pm Amateur Boxing Junior & Senior		