

















NLMA Timetable April 2023

☎ 0409 915 807



MON	TUES	WED	THURS	FRI	SAT
<p>4:00pm – 4:45pm CD</p>  <p>6-10yrs Upstairs Dojo</p>	<p>5pm – 5:45pm</p>  <p>6-10yrs <u>Beginner and advanced</u> Upstairs Dojo JMc</p>	<p>4pm – 4:45pm</p>  <p>6-10yrs <u>Beginner and Advanced</u> Combined</p>	<p>4:00pm – 4.35pm JMc</p>  <p>3-5yrs Upstairs Dojo</p>	<p>4.15pm – 5:00pm</p>  <p>6-10yrs Upstairs Dojo <u>Beginners</u> CD</p>	<p>Private Sessions Available! One or two persons 45 minute sessions \$50. Great for competition, grading preparation & acceleration</p>
	<p>JUNIOR KARATE 5:00 5:45pm Combined Kamikaze Kids</p> 	<p>JUNIOR KARATE 4:00pm – 4:45pm Juniors CLASS</p>  <p>Combined</p>	<p>5:00pm – 5:45pm</p>  <p>Beginner and Advanced Grades Combined JMc</p> 		<p>Saturday Left Open for Gradings, Tournaments and Seminars.</p>
<p>JUNIOR KARATE 5:00-5:45pm CD/JMc</p>  <p>11yrs+ Combined upstairs Dojo</p>		 <p>Competition Class 5:00pm Till 5:30pm</p>			<p>BLACKBELT CLUB Ask about our BBC membership!</p>  <p>Be part of our awesome Demo Squad!</p>  <p>Champions Kata & Kumite also XMA class, are all mixed Classes!</p>
	<p>6:30–8:00pm Karate-Jutsu Self defence focus includes throws take-downs, bars and chokes, adults Upstairs Dojo</p>  <p>JMc</p>		<p>6:30–8:00pm Shotokan Karate-Jutsu Self-defence focus includes throws take-downs, bars and chokes, adults Upstairs Dojo</p>  <p>JMc</p>	<p>Instructor Professional Learning Sessions</p>  <p>Team Chaos Rehearsals when called.</p>	

Tiger Cubs 3 – 5 yrs

Kamikaze Kids 6 – 10yrs

Juniors 11yrs +

Adults 15yrs +