

## TERM 4 TIMETABLE – MONDAY 10<sup>th</sup> OCTOBER – WEDNESDAY 21<sup>st</sup> DECEMBER 2016

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY
TIME	MAT 1	MAT 2	MAT 1	MAT 2	MAT 1	MAT 2	MAT 1	MAT 2	MAT 1	MAT 2	MAT 1/2
8.00AM											ADULTS/TEENS ALL LEVELS 50 MINS
9:00AM											KIDS ALL LEVELS 40 MINS
9:45AM											KIDS SPARRING <b>(BBC only)</b> 30 MINS
4.00PM									KIDS ALL LEVELS 40 MINS	-	
4.15PM			AFTER SCHOOL PROGRAM KIDS ONLY	-							
4:30PM	KIDS LEVEL 1 40 MINS	KIDS LEVEL 2 40 MINS			KIDS LEVEL 1 40 MINS	KIDS LEVEL 2 40 MINS	KIDS LEVEL 3 40 MINS	KIDS LEVEL 4 40 MINS			
5.00PM			KIDS ALL LEVELS 40 MINS	-							
5.15PM	KIDS SPARRING <b>(BBC only)</b> 30 MINS	-			KIDS SPARRING <b>(BBC only)</b> 30 MINS	-	KIDS LEVEL 1 40 MINS	KIDS LEVEL 2 40 MINS			
5:45PM	KIDS LEVEL 3 40 MINS	KIDS LEVEL 4 40 MINS			KIDS LEVEL 3 40 MINS	KIDS LEVEL 4 40 MINS					
6:30PM	BODYFIT WORKOUT 30 MIN	-	ADULTS/TEENS KENPO ALL LEVELS 1 HOUR	-	BODYFIT WORKOUT 30 MINS	-	SPARRING SKILLS ADULTS/TEENS KENPO STUDENTS ONLY 45 MINS	-			
7:15PM	ADULTS/TEENS KENPO WHITE – ORANGE BELTS 45 MINS	ADULTS/TEENS KENPO PURPLE- GREEN BELTS 45 MINS			ADULTS/TEENS KENPO WHITE – ORANGE BELTS 45 MIN	ADULTS/TEENS KENPO PURPLE- GREEN BELTS 45 MIN	ADULTS/TEENS KENPO ALL LEVELS 45 MINS	-			
7:30PM			BOOTCAMP	6 WEEKS \$95.00							
8:00PM	ADULTS KENPO BROWN – BLACK ADULTS & TEEN BLACK BELTS 45 MINS	OPEN MAT WHITE - GREEN			ADULTS KENPO BROWN – BLACK ADULTS & TEEN BLACK BELTS 45 MINS	OPEN MAT WHITE - GREEN	CLOSED TRAINING (45 MINS)	MAT CLOSED			

- After School Program members have unlimited access to all relevant classes/programs on their pick up days only.
- PT & Private Kenpo tuition is an additional and separate program. Booking is essential. Prices are available from Ma'am.
- BROWN – BLACK BELT ADULTS AND TEEN BLACK BELTS SHOULD PARTICIPATE AND ASSIST IN MONDAY & WEDNESDAY WHITE – GREEN BELT CLASSES
- **BOOTCAMP COMMENCES TUESDAY 18<sup>TH</sup> OCTOBER. BOOKINGS AND PAYMENT ESSENTIAL. THIS WILL ONLY RUN WITH SUFFICIENT NUMBERS.**

STUDENTS AND PARENTS PLEASE DOWNLOAD OUR SCHOOL APP AT: <https://kenpo50macarthur.teamapp.com>

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**JEFF SPEAKMAN'S KENPO 5.0 – ACHIEVE AFTER SCHOOL PROGRAM - ACHIEVE FITNESS – ACHIEVE PERSONAL TRAINING**

