



HOPPERS CROSSING KARATE SCHOOL

Hoppers Crossing Karate

Enquiries: 0433 291 099 / Sensei Alex: 0449 704 588

CLASS TIMES

MONDAY

4:30 to 5:00PM	5:00 to 5:45PM	5:45 to 6:30PM	6:30 to 7:15PM
Mighty Mites All Belt Levels 5-7yrs	Young Dragons White to Yellow 8-12yrs	Young Dragons Orange to Black 8-12yrs	CADETS & ADULTS All Belt Levels 13+

TUESDAY

4:30 to 5:00PM	5:00 to 5:30PM	5:30 to 6:15PM	6:15 to 7:00PM
Mighty Mites Beginner 5-7yrs White to Yellow Belt	Mighty Mites Advanced 5-7yrs Orange Belts to Black Belt	Young Dragons All Belt Levels 8-12yrs	CADETS & ADULTS All Belt Levels 13+

WEDNESDAY

4:30 to 5:00PM	5:00 to 5:45PM	5:45 to 6:30PM	6:30 to 7:15PM
Mighty Mites All Belt Levels 5-7yrs	Young Dragons White to Yellow 8-12yrs	Young Dragons Orange to Black 8-12yrs	CADETS & ADULTS All Belt Levels 13+

THURSDAY

4:30 to 5:00PM	5:00 to 5:30PM	5:30 to 6:15PM	6:15 to 7:00PM	7:00 to 8:00PM
Mighty Mites Beginner 5-7yrs White to Yellow Belt	Mighty Mites Advanced 5-7yrs Orange Belts to Black Belt	Young Dragons White to Yellow 8-12yrs	Young Dragons Orange to Black 8-12yrs	CADETS & ADULTS All Belt Levels 13+

FRIDAY

6:00 to 7:30PM	6:00 to 7:30PM
SQUAD TRAINING 1st & 3rd FRIDAY OF THE MONTH INVITE ONLY	ADVANCED SESSION - BROWN & BLACK BELTS (YOUNG DRAGONS, CADETS & ADULTS ONLY)

SATURDAY

9:00 to 9:30AM	9:45 to 10:15AM	10:15 to 11:00AM	11:00AM to 12:00PM
Mighty Mite Beginner 5-7yrs White to Yellow Belt	Mighty Mite Advanced 5-7yrs Orange Belts to Black Belt	Young Dragon All Belt Levels 8-12yrs	Cadets & Adults All Belt Levels 13yrs+

DOJO RULES:

- Bow when entering and leaving the Dojo.
- Parents/guardians are encouraged to DROP-OFF & PICK-UP ONLY. Only come into the Dojo if completely necessary.
- Students should arrive at the Dojo already dressed in their uniform if possible.
- No food is to be consumed in the waiting area or in the Dojo.
- No jewellery is to be worn during training.
- No chewing gum in class.
- Footwear must be worn to training and ensure feet are clean.
- If unwell or showing symptoms of ANY illness, PLEASE STAY HOME.