



HOPPERS CROSSING KARATE SCHOOL

Hoppers Crossing Karate

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

CLASS TIMES

MONDAY

4:30PM to 5:00PM	5:05PM to 5:50PM	5:55PM to 6:50PM	6:50PM to 7:50PM
Mighty Mites All Belt Levels 4-7yrs	Young Dragons White to Yellow Belts 8-12yrs	Young Dragons Orange to Black Belts 8-12yrs	Cadets & Adults All Belt Levels

TUESDAY

4:30PM to 5:00PM	5:00PM to 5:30PM	5:35PM to 6:20PM	6:25PM to 7:20PM	7:20PM to 8:15PM
Mighty Mites White to Yellow Belts 4-7yrs	Mighty Mites Orange Belts to Black Belts 4-7yrs	Young Dragons White to Blue Belts 8-12yrs	Young Dragons, Cadets & Adults Purple, Brown & Black Belts	Cadets & Adults White to Blue Belts

WEDNESDAY

4:30PM to 5:00PM	5:05PM to 5:50PM	5:55PM to 6:55PM	6:55PM to 7:55PM
Mighty Mites All Belt Levels 4-7yrs	Young Dragons White to Yellow 8-12yrs	Tournament Class Young Dragons, Cadets & Adults	Cadets & Adults All Belt Levels

THURSDAY

4:30PM to 5:00PM	5:00PM to 5:30PM	5:35PM to 6:20PM	6:25PM to 7:15PM	7:15PM to 8:10PM
Mighty Mites White to Yellow Belts 4-7yrs	Mighty Mites Orange Belts to Black Belts 4-7yrs	Young Dragons White to Yellow Belts 8-12yrs	Young Dragons Orange to Black Belts 8-12yrs	Karate HIIT Cadets & Adults All Abilities

SATURDAY

9:00AM to 9:30AM	9:40AM to 10:10AM	10:15AM to 11:00AM	11:05AM to 12:00PM	12:00PM to 1:00PM
Mighty Mites White to Yellow Belts 4-7yrs	Mighty Mites Orange Belts to Black Belts 4-7yrs	Young Dragons White to Yellow Belts 8-12yrs	Young Dragons-Advanced Only Cadets & Adults All Belt Levels	Karate HIIT Cadets & Adults All Abilities

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**.