

DRAFT 2012 CLASS TIMETABLE

Southern Cross Martial Arts Centre

2/54 Kingston Drive, Helensvale Qld 4212

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0930-1000 Cage Fitness (Donna)	0630-0730 Yoga (Nubia)	0930-1000 Cage Fitness (Donna)	0630-0730 Yoga (Nubia)		0900-0930 Cage Fitness (James)
1100-1145 T'ai Chi MAYBE	1100-1130 Lil' Dragons Karate (Hannah & Brooke)	1100-1145 T'ai Chi MAYBE	1100-1130 Lil' Dragons Karate (Hannah & Brooke)	1500-1600 SBT Training	0930-1000 Lil' Dragons Karate (Brooke)
1600-1645 Junior Dragons Karate (A1) (Hannah)	1600-1645 Junior Dragons Karate (A2) (Hannah)	1600-1645 Junior Dragons Karate (B1) (Hannah)	1600-1645 Junior Dragons Karate (B2) (Hannah)	1600-1700 Staff Training	1000-1045 Junior Dragons Karate (C) (James)
1700-1800 Red Dragons Karate (A1) (Hannah)	1700-1800 Red Dragons Karate (A2) (Hannah)	1700-1800 Red Dragons Karate (B1) (Hannah)	1700-1800 Red Dragons Karate (B2) (Hannah)	1700-1800 Junior Sparring Class (James)	1100-1200 Red Dragons Karate (C) (James)
1815-1900 Kidz Thai Boxing (James)	1815-1845 Cage Fitness (James)	1815-1900 Kidz Thai Boxing (James)	1815-1845 Cage Fitness (James)	1800-1900 BJJ (Paolo)	
1900-2000 Fitness Kickboxing (Hannah)	1900-2000 Adult Karate (Beginners) (Damien)	1900-2000 Fitness Kickboxing (Hannah)	1900-2000 Adult Karate (Beginners) (Damien)		
2000-2100 BJJ (Paolo)	2000-2100 Adult Karate (Advanced) (Damien)	2000-2100 BJJ (Paolo)	2000-2100 Adult Karate (Advanced) (Damien)		

Note: Class timetable subject to change without notice. Class instructor(s) may change without notice. Timetable effective as of 16th January 2012
 (A) Classes indicate teaching new material whilst (B) indicates practice/consolidation of that new material taught in (A) for possible assessment. (C) indicates consolidation of material for next skill stripe (i.e. combined A & B). Number (i.e. 1, 2 etc) indicates the skill session being taught for the week whilst classes are paired by day & skill (i.e. A1 & B1, A2 & B2 etc) based on attendance for a basic membership (2 classes per week)