

5th Element Martial Arts 2024V3

(Please Tick What Classes You Would Like To Enrol Into)



	Bamboo Studio		Dojang Studio		Fishbowl Studio	
Monday			6.00-6.45AM	Adult Boxing**		
			6.45-7.30AM	Adult Kickboxing**		
			3.30-4.15	Dragonflies 3-6yrs		
			4.15-5.30	TKD Little Dragons 7-11yrs		
			5.30-7.00	TKD General 11yrs+		
			7.00-8.30	WT Sparring (Elite Team) 7yrs+#		
Tuesday					3.30-4.15	Dragonflies 3-6yrs
					4.15-5.00	Junior Strikers 7-11yrs**
					5.00-5.45	Teen Strikers 12yrs+**
					5.45-6.45	TKD Beginners/Family
					6.45-7.45	Adult Kickboxing **
					7.45-8.30	Stretch n Strength All Ages**
Wednesday			6.00-6.45AM	Adult Boxing**		
			6.45-7.30AM	Adult Kickboxing**		
	5.15-6.15	BJJ Beginners 8yrs+				
	6.15-7.15	WT Sparring (Elite Team) 7yrs+#				
	7.15-8.15	BJJ Beginners 12yrs+				
Thursday			3.30-4.15	TKD Dragonflies 3-6yrs	3.30-4.15	Junior Strikers 7-11yrs**
			4.15-5.30	TKD Little Dragons 7-11yrs	4.15-5.30	TKD Little Dragons 7-11yrs
			5.30-7.00	TKD General 12 yrs +	5.30-6.15	Teen Strikers 12yrs+**
			7.00-8.00	WT Sparring (Elite Team) 7yrs+#	6.15-7.15	TKD Beginners/Family
			8.00-8.30	TKD Poomsae (Elite Team)#	7.15-8.00	Adult Kickboxing **
Friday			6.00-6.45AM	Adult Boxing**		
			6.45-7.30AM	Adult Kickboxing**		
	4.30-5.30	Little Dragons/General 7yrs+				
	5.30-6.30	Weapons **				
	6.30-7.30	BJJ Beginners				
Saturday	11.00-12.00	Little Dragons/General 7yrs+			10.15-11.00	Dragonflies 3-6yrs
	12.00-1.00	WT Poomsae (Elite Team) 7yrs+#	12.00-1.00	Tricking/Acro Beginner **	11.00-11.45	Junior Strikers 7-11yrs**
			1.00-2.00	Tricking/Acro Int/Adv **	11.45-12.30	Teen Strikers 12yrs+**
			2.00-3.00	Stretch n Strength All Ages		
	** no uniform classes		#InvitationOnlyTeams (emerging athletes can attend on request)			