



TIMETABLE (@ Aug 2018)



(Bookings essential, please call the LTA Office on 6293 3483 and book your 2 x FREE classes)

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS		FRIDAYS	SATURDAYS
#4:00 - 4:30 PM PANDAS		#4:00 - 4:30 PM PANDAS	4:00PM – 4:45PM PANDAS, TIGERS, DRAGONS BELT TESTS * ONCE PER MONTH			9:00 - 9:45 AM FAMILIES
4:30 - 5:15 PM TIGERS & DRAGONS	#4:15 - 5:00 PM PANDAS & TIGERS	4:30 - 5:15 PM TIGERS & DRAGONS				1 st Saturday Each Month 10:00 - 10:45 AM JUNIORS, ADULTS <i>Parents note kids can be Supervised from 10:00am with separate activities, etc.</i>
5:15 - 6:00 PM CADETS & JUNIORS	5:00-5:45 PM TIGERS, DRAGONS, CADETS	5:15-6:00 PM CADETS & JUNIORS	5:00-5:45 PM TIGERS, DRAGONS, CADETS		5:00 - 5:45 PM KIDS SPORTS (BEGINNERS) <i>* belt tip</i>	(\$10.00 on day) (Bookings Essential)
6:00 - 7:00 PM KYORUGI Sports (Kicking / Technique)	5:45 - 6:30 PM JUNIORS, ADULTS (Sports Kicking / Technique)	6:00 - 7:00 PM POOMSAE (Patterns / Core Work)	5:45 - 6:30 PM JUNIORS, ADULTS (Martial Arts / Patterns)	6:30PM – 7:15PM CADETS, JUNIORS, ADULTS BELT TESTS *ONCE PER MONTH	6:00 - 7:00 PM KYORUGI (Fitness/Sparring) (ADANCED)	

Phone: 02 6293 3483

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BOOKINGS ESSENTIAL FOR ALL CLASSES

- Class enrolment, class changes and make-up lessons are managed through reception only.
- Belts tests will only effect members every 3 months.
- LTA is closed on all ACT Public Holidays but continues all classes throughout school holidays.
 PANDAS (3,4,5) – TIGERS (6,7,8) – DRAGONS (9,10,11)
 CADETS (12,13,14) – JUNIORS (15,16,17) – ADULTS (18+)

(NEW CLASSES – Started August 2018 - Pls Book)

- TUESDAYS, THURSDAYS (**JUNIORS, ADULTS**) 5:45pm
- FRIDAYS **belt tip issued* - **KIDS SPORTS** = Introduction into Competition Sparring 5:00pm
This class is for *Tigers, Dragons & Cadets* only
- 1st SATURDAY of each month (**JUNIORS, ADULTS**) 10:00am (\$10 / person paid on day)
- This class will focus more on Martial Arts fitness and belts tips may not be issued in most cases. See Master Lee.

Please note:

- ✓ **Fees are based on the number of classes a student signs up for each week.**
- ✓ Make up lessons are fee exempt.
- ✓ Families discounted.
- ✓ Last Class for 2018 = Sat, 22nd Dec.
- ✓ First Class for 2019 = Mon, 7th Jan.