

2020 SPRING TIMETABLE (Commences Tuesday 1st September)

(Bookings Essential, call LTA Office on 6293 3483 and Book your 2 x Complimentary Classes)

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
4:30 - 5:00 PM PANDAS	06:30 - 07:30 AM (10 Weeks) *WOMEN ONLY (2/9 - 3/11) 4:30 - 5:00 PM PANDAS	4:30 - 5:00 PM PANDAS	4:30 - 5:00 PM PANDAS	4:30PM - 5:15PM PANDAS, TIGERS, DRAGONS MONTHLY BELT TESTS <i>* See below dates</i>	9:00 - 10:00 AM MIXED ALL AGES / LEVELS FAMILIES
5:00 - 5:45 PM TIGERS / DRAGONS	5:00 - 5:45 PM TIGERS - DRAGONS	5:00 - 5:45 PM TIGERS - DRAGONS	5:00 - 5:45 PM TIGERS / DRAGONS	CADETS, JUNIORS, ADULTS BELT TESTS CONDUCTED IN NORMAL CLASSES	
5:45 - 6:30 PM MIXED ALL AGES / LEVELS FAMILIES	5:45-6:30 PM MIXED CADETS & JUNIORS	5:45 - 6:30 PM TRADITIONAL PATTERNS & COMP TRAINING ALL AGES / LEVELS	5:45 - 6:30 PM SPORTS KICKING & COMP TRAINING JUNIORS	5:15 - 6:00 PM MIXED ALL AGES / LEVELS FAMILIES	10:15 - 11:00 AM *ADULTS ONLY (10 Weeks Only) (5/9 - 7/11)
6:30 - 7:30 PM CADETS, JUNIORS, ADULTS MIXED Traditional & Sports	6:30 - 7:30 PM CADETS, JUNIORS, ADULTS HAPKIDO	6:30 - 7:30 PM BROWN / BLACK BELTS <i>(Advanced Training)</i>	6:30 - 7:30 PM COMPETITION TRAINING / SPARRING SENIORS Plus INVITED	LTA is closed on Public Holidays including some Saturdays due to the long weekends. See Notice Boards for specific details.	Make-up classes are to be booked via Reception Staff or via info@trylta.com.au

PANDAS 3,4,5 YRS	TIGERS 6,7,8 DRAGONS 9,10,11	CADETS 12,13,14 JUNIORS 15,16,17	GENERAL CLASSES	ALL AGES / FAMILIES	All coloured boxes left are LTAs general classes. Classes highlighted 'yellow', 'pink' and 'purple' seen below offer further areas of martial arts, sports & fitness practice, normal fees apply.
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BELT TESTS = GRADING DATES* PANDAS, TIGERS, DRAGONS ONLY	Rest of 2020 = Fridays the 28th Aug, 25th Sep, 30th Oct, 27th Nov, 18th Dec (if low numbers then in class as below, individuals will be notified) Note: Cadets, Juniors, Adults Belt Tests will be conducted IN CLASS in the 'same week' as dates above.				
BROWN / BLACK BELTS ONLY	Advanced Patterns, Break falls, 2 & 1 Step, Self-defence, Breaking, Knife etc for Grading preparations (LTA / KKW Certifications) (Black Belt Gradings are held in May and November every year)				
EXTENTION PROGRAMS (Highlighted in Yellow)	NOTE: A member MUST PARTICIPATE in at least one of the other coloured classes each week to gain access to any Class within the Extension Program eg. HIGHLIGHTED YELLOW.	*WOMEN (2Sept-3Nov)	Core, Cardio, Flexibility, Tkd Yoga (*No Tips) free T-shirt		
		*ADULTS (5Sept-7Nov)	Cardio, Strength, Flexibility, Tkd Fit kick (*No Tips) free T-shirt		

info@trylta.com.au



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