


# LTA - CLASS TIMETABLE - 2024 (@14 Oct)

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
		3:45 – 4:15 PM TODDLERS (18mths -3yrs)			
4:15 – 4:45 PM PANDAS	4:15 – 4:45 PM PANDAS	4:15 – 4:45 PM PANDAS	4:15 – 4:45 PM PANDAS	4:15 – 4:45 PM PANDAS	09:00AM - 10:00AM FAMILIES - MIXED - ALL
4:45 - 5:30 PM TIGERS	4:45 - 5:30 PM DRAGONS	4:45 - 5:30 PM TIGERS	4:45 - 5:30 PM DRAGONS	4:45 - 5:30 PM TIGERS - DRAGONS - MIXED	* COMPETITION PREPARATION TIMES EXTRA SESSIONS (As Required)
5:30 - 6:15PM FAMILIES MIXED ALL	5:30 - 6:15PM CADETS - JUNIORS - ADULTS MIXED - ALL	5:30 - 6:15PM * <u>KYORUGI / SPARRING</u> Competition Training	5:30 - 6:15PM * <u>POOMSAE / PATTERNS</u> Competition Training	 CLASSES RUN AS NORMAL THROUGHOUT THE SCHOOL HOLIDAYS - A SCHOOL HOLIDAY PROGRAM MAY BE CONDUCTED DURING THESE TIMES - PLEASE ENQUIRE AT RECEPTION	<u>LTA CLOSED In 2024</u>
6:15 - 7:00PM * <u>MUAY THAI</u> (Non Members are also welcome - email <a href="mailto:info@trylta.com.au">info@trylta.com.au</a> ) Introduction for Beginners	6:15 - 7:15PM <u>BROWN &amp;</u> * <u>BLACK BELTS</u>	* COMPETITION PREPARATION TIMES - EXTRA SESSIONS (As Required)	6:15 - 7:00PM CADETS - JUNIORS - ADULTS MIXED - ALL		JANUARY = Friday 26th (Australia Day) MARCH = Monday 11th (Canberra Day) = Friday 29th (Good Friday/Easter) = Sat, Sun 30th/31st (Easter Sat/Sun) APRIL = Monday 1st (Easter Monday) = Thursday 25th (Anzac Day) MAY = Monday 27th (Reconciliation Day) JUNE = Monday 10th (Kings B'day) OCTOBER = Monday 7th (Labour Day)
BELT TESTING FOR ALL COLOURED BELTS WILL BE CONDUCTED IN THE LAST WEEK (FEBRUARY - APRIL - JUNE - AUGUST - OCTOBER - DECEMBER)					MAKE UP CLASSES MUST BE BOOKED & TAKEN WITHIN 2 WEEKS OF THE CLASS MISSED
AGE DEVELOPMENT - KEY					
TODDLERS 18mths - 3yrs Parents also Assist	PANDAS 3, 4, 5 yrs TIGERS 6, 7, 8 Yrs	DRAGONS 9, 10, 11 Yrs CADETS 12, 13, 14 Yrs	JUNIORS 15, 16, 17 Yrs ADULTS 18+		
<u>EXTENTION PROGRAMS</u> (Highlighted in Yellow)  Standard Fees Apply	<b>NOTE: A member <u>MUST PARTICIPATE</u> in <u>at least one</u> of the GENERAL classes above each week to gain access to any            Extension Program Class HIGHLIGHTED YELLOW.</b>  <b>* = NO Tips gained for these classes.</b>				

BROWN / BLACK BELTS

LTA & KKW Certifications – Black Belt Trial and Full Gradings will be held in **MAY** and the **DECEMBER** each year

**ONLY 2 WEEK BREAK OVER XMAS - NEW YEAR** (NO MAKE-UPS CLASSES FOR THIS PERIOD - FEES INCLUSIVE FOR THIS PERIOD)

**LAST CLASS FOR 2024 IS SATURDAY 21ST DECEMBER - FIRST CLASS BACK 2025 IS MONDAY 4TH JANUARY**

**MAKE UP CLASSES BOOKED VIA RECEPTION OR EMAIL [info@trylta.com.au](mailto:info@trylta.com.au)**

(Term 4 x 10 week program) Introducing the basics of MAUY THAI - for beginners / 10+ years to develop fitness & basic hand, arm & kicking for self confidence and defence)



SCAN ME  
TO  
REGISTER

