

# 2021 TIMETABLE

(Starts Monday 1<sup>st</sup> February 2021)



**(Bookings Essential - email [info@trylta.com.au](mailto:info@trylta.com.au) to book your 2 x Complimentary Classes)**

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYs – Bi-Monthly <b>(BELT TESTING)</b>	SATURDAYS
4:30 - 5:00 PM PANDAS	4:30 - 5:00 PM PANDAS	09:15 – 10:00 AM TUGGERANONG TODDLERS 4:30 - 5:00 PM PANDAS	4:30 - 5:00 PM PANDAS	26 FEBRUARY 23 APRIL 25 JUNE 27 AUGUST 29 OCTOBER 17 DECEMBER  <i>Pandas = 4:15pm</i> <i>Tigers / Dragons = 5:00pm</i> <i>Cadets, Juniors, Adults = 6:00pm</i>	9:00 - 9:45 AM MIXED
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		ALL AGES / LEVELS FAMILIES
5:45 - 6:30 PM MIXED  ALL AGES / LEVELS FAMILIES	5:45-6:30 PM MIXED  CADETS & JUNIORS <i>(Invited Members)</i>	5:45 - 6:30 PM <u>TRADITIONAL PATTERNS &amp; SOME COMP TRAINING</u> ALL AGES / LEVELS	5:45 - 6:30 PM <u>SPORTS KICKING &amp; COMP TRAINING</u> <i>&lt;15yrs</i>		<u>Make-up classes</u> are to be booked via  Reception Staff  or via  <a href="mailto:info@trylta.com.au">info@trylta.com.au</a>
6:30 - 7:30 PM CADETS, JUNIORS, ADULTS - MIXED Traditional & Sports Kicking	6:30 – 7:30 PM CADETS, JUNIORS, ADULTS <u>HAPKIDO</u>	6:30 - 7:30 PM <u>BROWN / BLACK BELTS INVITATION ONLY</u> <i>(Advanced Training)</i>	6:30 – 7:30 PM <u>SPORTS KICKING &amp; COMP TRAINING</u> <i>+15yrs and invited athletes</i>	LTA is closed on Public Holidays including some Saturdays due to long weekends. See Notice Boards for specific details.	

TODDLERS 2 & 3 YRS	PANDAS 4 & 5 YRS	TIGERS 6, 7, 8 DRAGONS 9, 10, 11	CADETS 12, 13, 14 JUNIORS 15, 16, 17	GENERALLY, +15YRS MIXED CLASSES	ALL AGES / FAMILIES	All classes to the left are <b>GENERAL</b> classes. Classes highlighted 'yellow' seen below offer further areas of martial arts, sports & fitness practice, see note below.
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<b>EXTENTION PROGRAMS</b> <i>(Highlighted in Yellow)</i>	<b>NOTE:</b> A member <u>MUST PARTICIPATE</u> in at least one of the <b>GENERAL</b> classes above each week to gain access to any Class within the Extension Program <b>HIGHLIGHTED YELLOW</b> .
<b>BELT TESTING – GRADING DATES</b>	<b>2021 = 26<sup>th</sup> Feb, 23<sup>th</sup> Apr, 25<sup>th</sup> Jun, 27<sup>th</sup> Aug, 29<sup>th</sup> Oct, 17<sup>th</sup> Dec</b> (Pandas 4:15pm) – (Tigers / Dragons 5:00pm) – (Cadets, Juniors, Adults 6:00pm)
<b>BROWN / BLACK BELTS ONLY</b>	Advanced Training, Break falls, 2 & 1 Step, Self-defence, Breaking, Knife Defence for Grading preparations (LTA / KKW Certifications – Black Belt Trial and Full Gradings will be held on the 22 <sup>nd</sup> May, and the 27 <sup>th</sup> November 2021)

[info@trylta.com.au](mailto:info@trylta.com.au)

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