

LTA - CLASS TIMETABLE - 2024

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
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 PREPERATION TIMES EXTRA SESSIONS (TBC)
5:30 - 6:15PM FAMILIES MIXED ALL	5:30 - 6:15PM CADETS - JUNIORS - ADULTS MIXED - ALL	5:30 - 6:15PM (Mr SAMUEL) <u>* KYORUGI / SPARRING Competition Training - Developmental</u>	5:30 - 6:15PM (Ms KATE) <u>POOMSAE / PATTERNS Competition Training</u>	5:30 - 6:15PM (Ms KATE) <u>* FITNESS / TRAINING ALL WELCOME</u>	LTA CLOSED In 2024 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 (Reconcillation Day) JUNE = Monday 10th (Kings B'day) OCTOBER = Monday 7th (Labour Day)
6:15 - 7:00PM (Mr LEE) <u>*STRETCH / CONDITION Slow & Steady</u>	6:15 - 7:00PM <u>BROWN & * BLACK BELTS</u>	6:15 - 7:00PM (Mr SAMUEL) <u>* KYORUGI / SPARRING Competition Training - Advanced</u>	6:15 - 7:00PM CADETS - JUNIORS - ADULTS MIXED - ALL	CLASSES RUN AS NORMAL THROUGHOUT THE SCHOOL HOLIDAYS - A SCHOOL HOLIDAY PROGRAM MAY BE CONDUCTED DURING THESE TIMES - PLEASE ENQUIRE AT RECEPTION	
BELT TESTING FOR ALL COLOURED BELTS WILL BE CONDUCTED IN THE <u>LAST WEEK</u> (FEBRUARY - APRIL - JUNE - AUGUST - OCTOBER - DECEMBER)					
AGE DEVELOPMENT - KEY					
TODDLERS (Can try with Panda's) 18months - 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		MAKE UP CLASSES MUST BE BOOKED & TAKEN WITHIN 2 WEEKS OF THE CLASS MISSED

EXTENTION PROGRAMS
(Highlighted in Yellow)
Standard Fees Apply

NOTE: A member MUST PARTICIPATE in at least one of the GENERAL classes above each week to gain access to any Extension Program Class HIGHLIGHTED YELLOW.

* = NO Tips gained for these classes.

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

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