

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Karate (Teens/Adults)</b> All Levels 6.00 – 6.55am		<b>Karate (Teens/Adults)</b> All Levels 6.00 – 6.55am		<b>Leadership Training</b> By invitation only Refer to calendar for dates
	<b>Karate (Teens/Adults)</b> All Levels 9.30 – 10.25am		<b>Karate (Teens/Adults)</b> All Levels 9.30 – 10.25am		<b>Private Lessons</b> Bookings required Refer to calendar for dates
<b>Karate Kids (8-13 yrs)</b> Beginner: White – Orange Belt 3.45 – 4.25pm	<b>Little Champions Karate</b> 4-7 yrs 3.45 – 4.25pm	<b>Karate Kids (8-13 yrs)</b> Beginner: White – Orange Belt 3.45 – 4.25pm	<b>Little Champions Karate</b> 4-7 yrs 3.45 – 4.25pm		<b>Join Us on Facebook</b>  Just search for: Sunshine Coast Karate
<b>Little Champions Karate</b> 4-7 yrs 4.30 – 5.10pm	<b>Karate Kids (8-13 yrs)</b> Beginner: White – Orange Belt 4.30 – 5.10pm	<b>Little Champions Karate</b> 4-7 yrs 4.30 – 5.10pm	<b>Karate Kids (8-13 yrs)</b> White Belt – Orange Belt 4.30 – 5.10pm	<b>Little Champions Karate</b> 4-7 yrs 4.30 – 5.10pm	
<b>Karate Kids (8-13 yrs)</b> Beginner: White – Orange Belt 5.15 – 5.55pm	<b>Karate Kids (8-13 yrs)</b> Intermediate: Green Belt + 5.15 – 5.55pm	<b>Karate Kids (8-13 yrs)</b> Beginner: White – Orange Belt 5.15 – 5.55pm	<b>Kids Kumite (Sparring)</b> 8-13 yrs, All levels 5.15 – 5.55pm	<b>Karate Kids (8-13 yrs)</b> Beginner: White – Orange Belt 5.15 – 5.55pm	
<b>Karate Kids (8-13 yrs)</b> Intermediate: Green Belt + 6.00 – 6.40pm	<b>Family Karate Class</b> Family Groups Only, All Levels 6.00 – 6.40pm	<b>Advanced Karate Class</b> Brown Belt – Black Belt 6.00 – 6.55pm	<b>Family Karate Class</b> Family Groups Only, All Levels 6.00 – 6.40pm	<b>Karate Kids (8-13 yrs)</b> Intermediate: Green Belt + 6.00 – 6.40pm	
<b>Family Karate Class</b> All Ages, All Levels 6.45 – 7.40pm	<b>Teen/Adult Kumite (Sparring)</b> Teens & Adults, All Levels 6.45 – 7.40pm	<b>Karate (Teen/Adult)</b> All Levels 7.00 – 7.55pm	<b>Karate (Teen/Adult)</b> All Levels 6.45 – 7.40pm	<b>Karate (Teen/Adult)</b> All Levels 6.45 – 7.40pm	

### Program Types:

- **Small Steps** – We only recommend this program to new students with very busy schedules who are happy to progress at a slow pace. **(1 class per week)**
- **Basic** – Recommended for all new students. **(2-3 classes per week)**  
*\*\* If you are planning on doing the kumite (sparring) class, you must have your own protective equipment: gloves, shin/instep protectors, mouth guard and groin guard (for males).*
- **Fast Track** – Suitable for black belts, trainee instructors and members seeking accelerated progress to black belt and beyond. **(Attend unlimited classes per week)**

### Program Upgrades To Include:

- **Personal Plus** – Private tuition to accelerate your learning. **Limited places, by application only**
- **Success Focus** – A leading results based education system for teens & adults. **Be The Change You Want To See In Others**

### FREE Member Resources:

- **For Kids** – Activity sheets to help your child learn karate basics and associated Japanese. Printable documents. **Giving Kids The Edge**
- **For Parents** – Delivers ‘Straight to the Point’ parenting information from some of the worlds best authors and experts **Raising Winners**
- **Chito-Ryu Karate** – Get ahead with training manuals and video clips via our National Website. **Accelerate Your Growth**