

# The Australian Institute of Karate (Training Schedule) version 3.14

Location: 2/113 Boundary Rd, Peakhurst, NSW (Opposite Boundary Road Reserve)

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Effective from: 23rd May 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
<b>Little Dragons</b> General Training 4 – 7 years old 4:00pm – 4:30pm	<b>Little Dragons</b> General Training 4 – 7 years old 4:00pm – 4:30pm	<b>Little Dragons</b> General Training 4 – 7 years old 4:00pm – 4:30pm	<b>Little Dragons</b> General Training 4 – 7 years old 5:00pm – 5:30pm	<b>Little Dragons</b> General Training 4 – 7 years old 8:50am – 9:20am
<b>Kids Karate</b> General Training 8 – 14 years old 4:40pm – 5:20pm	<b>Kids Karate</b> General Training 8 – 14 years old 4:40pm – 5:20pm	<b>Kids Karate</b> General Training 8 – 14 years old 4:40pm – 5:20pm	<b>Kids Karate</b> General & Kumite 8 – 14 years old 5:40pm – 6:20pm	<b>Kids Karate</b> General Training 8 – 14 years old 9:30am – 10:10am
<b>Little Dragons</b> General Training 4 – 7 years old 5:30pm – 6:00pm		<b>Kids Karate</b> General Training 8 – 14 years old 5:30pm – 6:10pm		<b>Family</b> (Children Accompanied by Parent) + Teens/Adults General Training 15 years old & up 10:20am – 11:10am
<b>Teen &amp; Adults</b> General Training 15 years old and up 7:00pm – 8:00pm	<b>Teen &amp; Adults</b> General Training 15 years old and up 7:00pm – 8:00pm	<b>Adults/Teens + Kids</b> Kumite  6:30pm – 7:30pm		<b>Teen &amp; Adults</b> General Training 15 years old and up 11:20am – 12:20pm

- Packages:**
- Small Steps** – 1 Lesson per week
  - Basic Plus** – 2 Lessons per week
  - Fast Track** – 3-4 Lessons per week