

# Twins Martial Arts – Term 1 Timetable – Newport

Effective 4<sup>th</sup> February 2020



Monday		Tuesday		Wednesday		Thursday		Friday	Saturday	
Downstairs	Upstairs	Downstairs	Upstairs	Downstairs	Upstairs	Downstairs	Upstairs	Downstairs	Downstairs	Upstairs
4.15-4.45pm Dragons	4.15-4.45pm Little Ninjas	4.15-4.45pm Dragons	4.15-4.45pm Little Ninjas	4.15-4.45pm Dragons	4.15-4.45pm Little Ninjas	4.15-4.45pm Dragons	4.15-4.45pm Little Ninjas	4.15-4.45pm Little Ninjas & Dragons		8.00-8.30am Little Ninjas
4.45-5.30pm Juniors (White to Prov Blue)	4.45-5.30pm Juniors (Blue to Prov Brown)	4.45-5.30pm Juniors (Yellow to Prov Blue)	4.45-5.30pm Juniors (White to Red)	4.45-5.30pm Juniors (Yellow to Prov Blue)	4.45-5.30pm Juniors (White to Red)	4.45-5.30pm Juniors (Yellow to Prov Blue)	4.45-5.30pm Juniors (White to Red)	4.45-5.30pm Juniors (White to Prov Blue)	8.30-9.00am Dragons	8.30-9.00am Little Ninjas
5.30-6.15pm Sparring (Blue and Above)	5.30-6.00pm Little Ninjas & Dragons	5.30-6.30pm Juniors (Brown and Above)	5.30-6.20pm Juniors (Blue to Prov Brown)	5.30-6.20pm Juniors (Blue to Prov Brown)	5.30-6.30pm Juniors (Brown and Above)	5.30-6.20pm Juniors (Blue to Prov Brown)	5.30-6.00pm Little Ninjas & Dragons	5.30-6.30pm Juniors (Blue and Above)	9.00-9.30am Dragons	9.00-9.30am Little Ninjas
5.30-6.15pm Juniors (Yellow to Prov Brown)	<i>*Sparring and Juniors will run at same time</i>	6.30-7.30pm BJJ (Kids and Adults)	6.30-7.15pm Juniors (White to Prov Blue)	6.30-7.15pm Sparring (Blue and Above)	6.30-7.15pm Juniors & Adults (All Ranks)	6.20-7.05pm Sparring (Blue and Above)	6.15-7.00pm Juniors (White to Prov Brown)	6.30-7.15pm Sempai Squad (Invite Only)	9.30-10.15am Juniors (Yellow to Prov Brown)	9.30-10.15am Juniors (White to Red)
6.15-7.00pm Juniors (Blue to Prov Brown)	6.10-6.55pm Juniors (White to Prov Blue)	7.30-8.30pm Adults & Teens	7.15-8.05pm Juniors (Blue and Above)	7.15-8.15pm Adults & Teens		7.05-8.05pm Adults & Teens	7.05-8.05pm Juniors (Blue and Above)		10.15-11.15am Adults & Teens	10.15-11.05am Juniors (Blue to Prov Brown)
7.00-7.45pm Black Belt Class	7.00-8.00pm Juniors (Brown and Above)	8.30-9.15pm Instructor Training	8.05-8.50pm Adults & Teens (Fundamentals)			8.05-9.05pm BJJ Open Mat	8.05-8.50pm Adults & Teens (Fundamentals)		11.15-12.15pm Adults & Teens (Brown and Above)	11.15-12.15pm Juniors (Brown and Above)
7.45-8.30pm Competition Squad (Invite Only)	8.00-9.00pm Instructor Training								12.15-1.15pm BJJ (Kids and Adults)	

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