



Highett Timetable

MONDAY

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|--------------|---|
| 4:00 to 4:30 | Thunderbolts – White to Yellow Belts |
| 4:30 to 5:00 | Thunderbolts – Orange & Above |
| 5:00 to 5:45 | Young Samurai – White to Orange |
| 5:45 to 6:30 | Young Samurai – Green & Above |
| 6:30 to 7:15 | Young Samurai Weapons Class – Green and Above |
| 7:15 to 8:15 | Adults – All Levels |
| 8:15 to 8:45 | Adults – Yellow & Above Beginners Sparring |

TUESDAY

| | |
|--------------------|---|
| 11:30am to 12:30pm | Adults – All Levels |
| 4:00 to 4:30 | Thunderbolts – White & Red Belts |
| 4:30 to 5:00 | Thunderbolts – Yellow & Above Sparring |
| 5:00 to 5:45 | Young Samurai – White & Red Belts |
| 5:45 to 6:30 | Young Samurai – Yellow & Orange Belts |
| 6:00 to 7:00 | Kimekai Junior Squad Training – Kumite/Kata |
| 7:00 to 8:15 | Adults – Green & Above |

WEDNESDAY

| | |
|--------------|--------------------------------------|
| 4:00 to 4:30 | Thunderbolts – White & Red Belts |
| 4:30 to 5:00 | Thunderbolts – White to Orange Belts |
| 5:00 to 5:45 | Young Samurai – White to Yellow |
| 5:45 to 6:30 | Young Samurai – Orange & Green |
| 6:30 to 7:15 | Young Samurai – Blue & Above |
| 7:15 to 8:15 | Adults – All Levels |
| 8:15 to 8:45 | Adults – Green Belts & Above |

THURSDAY

| | |
|--------------------|---------------------------------------|
| 11:30am to 12:30pm | Adults – All Levels |
| 4:00 to 4:30 | Thunderbolts – Yellow to Green Belts |
| 4:30 to 5:00 | Thunderbolts – Blue to Black Belts |
| 5:00 to 6:00 | Young Samurai – Yellow to Green Belts |
| 6:00 to 7:00 | Young Samurai – Blue and Above |
| 7:00 to 8:15 | Adults – Green & Above |

FRIDAY

| | |
|--------------|--|
| 4:00 to 4:30 | Thunderbolt – Green to Black Belts (Kata) |
| 4:30 to 5:00 | Thunderbolts – White to Orange Belts |
| 5:00 to 5:45 | Young Samurai – White to Orange (Kata & Combination) |
| 5:45 to 6:30 | Young Samurai – Green & Above (Kata & Combination) |
| 6:30 to 7:30 | Adults – All Levels (Kata) |

SATURDAY

| | |
|----------------|---|
| 8:30 to 9:00 | Thunderbolts – White & Red Belts |
| 9:00 to 9:30 | Thunderbolts – Yellow & Orange Belts |
| 9:30 to 10:00 | Thunderbolts – Green Belts & Above Sparring |
| 10:00 to 10:45 | Young Samurai – White to Green Belts |
| 10:45 to 11:30 | Young Samurai – Yellow & Above Sparring |
| 11:30 to 12:30 | Adults – All Levels |
| 12:30 to 1:00 | Adults – Sparring Class |

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www.kimekai.com.au