

# The Australian Institute of Karate (Training Schedule) version 3.11H

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

Phone: (02) 9153 8333 Web: [karateinstitute.com.au](http://karateinstitute.com.au) Email: [info@karateinstitute.com.au](mailto:info@karateinstitute.com.au)

Effective from: 8<sup>th</sup> February 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
<b>Little Dragons</b> General Training 4 – 7 years old 4:00 – 4:30pm	<b>Little Dragons</b> General Training 4 – 7 years old 4:00 – 4:30pm	<b>Little Dragons</b> General Training 4 – 7 years old 4:00 – 4:30pm	<b>Little Dragons</b> General Training 4 – 7 years old 5:00 – 5:30pm	<b>Little Dragons</b> General Training 4 – 7 years old 8:50 – 9:20am
<b>Kids Karate</b> General Training 8 – 12 years old 4:40 – 5:20pm	<b>Kids Karate</b> General Training 8 – 12 years old 4:40 – 5:20pm	<b>Kids Karate</b> General Training 8 – 12 years old 4:40 – 5:20pm	<b>Kids Karate</b> General & Kumite (8 – 12 years old 5:40 – 6:20pm	<b>Kids Karate</b> General Training 8 – 12 years old 9:30 – 10:10am
<b>Little Dragons</b> General Training 4 – 7 years old 5:30 – 6:00pm		<b>Kids Karate</b> General Training 8 – 12 years old 5:30 – 6:10pm		<b>Family Training</b> Families Only All Ages 10:20 – 11:10am
<b>Teen &amp; Adults</b> General Training 13 years old and up 7:00 – 8:00pm	<b>Teen &amp; Adults</b> General Training 13 years old and up 7:00 – 8:00pm	Kumite Adults/Teens + Kids  6:30 – 7:30pm		<b>Teen &amp; Adults</b> General Training 13 years old and up 11:20 – 12:20pm

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