

## Autumn Term Class Timetable at CMAC - 2nd to 23rd December

	Monday	Tuesday	Wednesday	Thursday	Friday	Friday	
16:00	Tiny Tigers	Tiny Tigers	Tiny Tigers	Tiny Tigers	Tiny Tigers	11:30	Youth/Adult
	Tigers	Tigers	Tigers	Tigers	Tigers	Saturday	
17:00	Cranes	Cranes	Cranes	Cranes	Cranes	09:00	Beg Family
	Mini Mantis	Mini Mantis	Mini Mantis	Mini Mantis	Mini Mantis	10:00	Adv Family
	Mantis	Mantis	Mantis	Mantis	Mantis	11:00	Int Family
18:00	Dragons	Dragons	Dragons	DBN/Junior JKN	Dragons	13:00	ZOOM
19:00	Youth/Adult	Adv Youth/Adult	Beg/Int Youth/Adult	Youth/Adult JKN		Sunday	
	Youth Black Belt					16:00	Family
20:00	Adult Black Belts	Beg/Int Youth/Adult	Adv Youth/Adult	Youth/Adult		17:00	Adv Black Belts
				KSN/PSBN		Wednesday Bookham	
						18:00	Beginner/Inter
					19:00	Advanced	

### TINY TIGERS



4-6 yrs  
White/Yellow Belts

### TIGERS



6-8 yrs  
White/Yellow Belts

### CRANES



9-12 yrs  
White/Yellow Belts

### MINI MANTIS



6-8 yrs  
Blue/Red/Brown Belts

### MANTIS



9-12 yrs  
Blue/Red/Brown Belts

### DRAGONS



12 yrs & under  
DBN/Black Belts

**Youth 13-17/Adult 18+:**  
Beginner: White Belt  
Intermediate: Yellow to Brown  
Advanced: DBN/Black Belt

### SPECIAL CLASSES

**ZOOM:** Saturday 13:00 - CMAC Login 1 - Details are on the members only website: <https://kswclaygate.mymamembers.com/>

**FITNESS:** 19:00/20:00 1st Monday of the month, 2nd Tuesday of the month, 3rd Wednesday of the month, 4th Thursday of the month

**INSTRUCTOR TRAINING:** 20:00 1st thursday of the month