

Zoom Timetable - Spring Term 2021 (from January 4th)

	Monday	Tuesday	Wednesday	Thursday	Friday	Friday	
16:00	Tiny Tigers (1)	Tiny Tigers (1)	Tiny Tigers (1)	Tiny Tigers (1)	Tiny Tigers (1)	11:30	Youth/Adult (1)
	Tigers (2)	Tigers (2)	Tigers (2)	Tigers (2)	Tigers (2)	Saturday	
17:00	Cranes (1)	Cranes (1)	Cranes (1)	Cranes (1)	Cranes (1)	09:00	Beg Family (1)
	Mini Mantis/Mantis (2)	Mini Mantis/Mantis (2)	Mini Mantis/Mantis (2)	Mini Mantis/Mantis (2)	Mini Mantis/Mantis (2)	10:00	DBN Family (1) Black Belt Family (2)
18:00	Junior DBN (1) Junior JKN (2)	Dragons (1)	Dragons (1)	Junior DBN (1) Junior JKN (2)	Dragons (1)	11:00	Int Family (1)
	Sunday						
19:00	Youth/Adult (1)	Adv Youth/Adult (1)	Beg/Int Youth/Adult (1)	Youth/Adult (1)		16:00	Family (1)
	Youth Black Belt (2)			13+ JKN (2)		17:00	Adv Black Belts (1)
20:00	Adult Black Belts (1)	Beg/Int Youth/Adult (1)	Adv Youth/Adult (1)	KSN/PSBN (1)			

TINY TIGERS



4-6 yrs
White/
Yellow

TIGERS



6-8 yrs White/
Yellow

CRANES



9-12 yrs
White/
Yellow

MINI MANTIS



6-8 yrs
Blue/Red/
Brown

MANTIS



9-12 yrs
Blue/Red/
Brown

DRAGONS



12 yrs &
under
DBN/Black

Zoom Notes:

Please check which class is for your age & belt
The number following each individual class (1 or 2) is the Zoom Login that you will need to use eg. CMAC Login 1 or CMAC Login 2

Belt Levels: Beginner(White), Intermediate (Yellow to Brown Belt) & Advanced (DBN/Black Belt)

SPECIAL CLASSES

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 - Zoom CMAC Login 2