



**WORLD  
MARUDÀO  
KARATE  
ORGANISATION®**

## DOJO TIMETABLE 2024

Day	Time	Grade
Monday	6.30pm – 7.30pm	<b>Fitness and Conditioning</b>   All Welcome
Tuesday	4.00pm – 4.45pm	<b>Pee Wees</b>   All grades <b>Kids</b>   White Belts
	5.00pm – 5.45pm	<b>Kids</b>   Blue & Yellow Belts
	6.00pm – 7.00pm	<b>Adults</b>   All Belts
	7.00pm – 7.30pm	<b>Adults</b>   Sparring (Blue and Above)
Wednesday	5.00pm – 5.45pm	<b>Kids</b>   Green Belts and above
	6.00pm – 7.00pm	<b>Black Belts</b>
Thursday	4.00pm – 4.45pm	<b>Pee Wees</b>   All grades <b>Kids</b>   White Belts
	5.00pm – 5.45pm	<b>Kids</b>   Blue & Yellow Belts
	6.00pm – 7.00pm	<b>Adults</b>   All Belts
	7.00pm – 7.30pm	<b>Adults</b>   Sparring (Blue and Above)
Friday	5.00pm – 5.45pm	<b>Kids</b>   Green Belts and above
Saturday	10.00am – 11.00am	<b>Black Belts Kata</b>
Sunday	8.30am – 9.15am	<b>Adults &amp; Kids</b>   Green Belts and above
	9.30am – 10.15am	<b>Adults &amp; Kids</b>   Blue and Yellow belts
	10.30am – 11.15am	<b>Adults &amp; Kids</b>   White Belts