

## Zoom Timetable - 5th November to 2nd December

|       | 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)             | <b>Saturday</b> |   |
| 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)<br>Black Belt Family (2) |
| 18:00 | Dragons (1)            | Dragons (1)             | Dragons (1)             | Dragons (1)<br>Junior JKN (2)   | Dragons (1)            | 11:00           | Int Family (1)                          |
|       | <b>Sunday</b>          |                         |                         |                                 |                        |                 | 16:00                                   |
| 19:00 | Youth/Adult (1)        | Adv Youth/Adult (1)     | Beg/Int Youth/Adult (1) | Youth/Adult JKN (1)             |                        | 17:00           | Adv Black Belts (1)                     |
|       | Youth Black Belt (2)   |                         |                         |                                 |                        |                 |   |
| 20:00 | Adult Black Belts (1)  | Beg/Int Youth/Adult (1) | Adv Youth/Adult (1)     | Youth/Adult (1)<br>KSN/PSBN (2) |                        |                 |   |

### 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

Zoom Login details are on the members only website:

<https://kswclaygate.mymamembers.com/> You'll need to register if you are yet to do so

**Youth 13-17/Adult 18+:** 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