



ALL are welcome to do a FREE TRIAL Class before enrolment (Calisthenics and BoxFit are the exceptions) please email k43trainingcentre@gmail.com for further information. Free Trial classes are ONLY for Class enrolment, not Holiday Fun or Birthday Parties. Class enrolment can be made via email or online booking. Make up classes are allowed upon notification but must be done within the Term enrolled. Make up classes cannot be carried over to the next Term.

Times Day	Class Name	Coach	Term 1 YEAR 2023	
k43 NINJA Classes				
Monday 4.45pm – 5.45pm	INTERMEDIATE NINJA/FREEG	Priscilla	Term 1 2023	
Tuesday 11.30am - 12.30pm	MINI WARRIORS	Priscilla	Term 1 2023	
Tuesday 3.45pm – 4.45pm	MINI/ROOKIE NINJA	Priscilla	Term 1 2023	
Tuesday 4.45pm – 5.45pm	INTERMEDIATE NINJA/FREEG	tbc	Term 2 2023	NEW Class 2023 Expressions of Interest
Wednesday 3.45pm – 4.45pm	ROOKIE NINJA	Priscilla/ Rachel	Term 1 2023	

k43 NINJA Classes				
Wednesday 4.45pm – 5.45pm	INTERMEDIATE NINJA/FREEG	Priscilla/ Rachel	Term 1 2023	FULL CLASS Term 4 2022 Enrol promptly for 2023
Thursday 3.45pm – 4.45pm	ROOKIE NINJAS	Priscilla	Term 1 2023	
Thursday 4.45pm – 6.15pm	INTERMEDIATE NINJA/FREEG	tbc	Term 2 2023	NEW Class 2023 Expressions of Interest
Friday 3.30pm – 5pm Competitive	ELITE NINJAS	Danee	Term 1 2023	
Friday 5pm – 6.30pm Competitive	TEEN NINJAS	Danee	Term 1 2023	
Saturday 9am – 10am	ROOKIE NINJA/FREEG	Danee	Term 1 2023	FULL CLASS Term 4 2022 Enrol Promptly for 2023
Saturday 10am – 11am	INTERMEDIATE NINJA/FREEG	Danee	Term 1 2023	FULL CLASS Term 4 2022 Enrol Promptly for 2023

k43 Classes				
FLIPPIN n TRICKS Monday 3.45pm-5.15pm 5.15pm – 6.45pm	FLIPPIN n TRICKS	Danee	Term 1 2023	New Classes for enrolment email k43trainingcentre@gmail.com
GYMNASTICS Gymja Monday 3.45pm – 4.45pm	GYMJA 6yrs – 10yrs	Priscilla	Term 1 2023	
AERIAL SILKS Tuesday 4pm – 5pm 5pm – 6pm 6pm – 7pm	AERIAL SILKS 7 – 11 years 12 – 18 years Adults Class	Holly	TERM 1 2023	New Classes for enrolment email k43trainingcentre@gmail.com
BOXFit for Teens & Adults Thursdays 6.30pm – 7.30pm	Teens Adults Casual class	Chris	January 2023	Expressions of Interest email k43trainingcentre@gmail.com
CALISTHENICS Thursday 5.30pm – 6.30pm		Chris	TERM 1 2023	