

Sydney Region 2 and 33 (27-Apr-2025)

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PRIME / FULL TIME CENTRES (REGION 33)									
DOJO	ADDRESS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Norwest Prime	Norwest Full-time Centre 24 Brookhollow Avenue, Baulkham Hills	4:15-4:45pm 5:00-5:50pm 6:00-6:50pm 7:00-8:00pm	5:00-5:50pm 6:00-6:50pm 7:30-9:00pm	5:00-5:50pm 6:00-6:50pm 7:00-8:00pm 8:00-9:15pm	4:15-4:45pm 5:00-5:50pm 6:00-6:50pm 7:00-8:00pm 8:00-9:15pm		5:00-5:50pm 6:00-6:50pm	10:30-12:00pm	10:30-11:15am 11:30-12:30pm

PRIME / FULL TIME CENTRES (REGION 2)									
DOJO	ADDRESS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Blacktown Prime	Blacktown Full-time Centre Shop 4000B Westpoint Patrick St, Blacktown	3:45-4:15pm 4:30-5:15pm 5:30-6:15pm 6:30-8:00pm	5:00-5:45pm 6:00-6:45pm 7:00-8:30pm	5:00-5:45pm 6:00-6:45pm 7:00-8:00pm	5:00-5:45pm 6:00-6:45pm 7:00-7:45pm 8:00-9:00pm	4:30-5:15pm 5:30-6:15pm 6:30-7:15pm 7:30-8:30pm		10:00-11:00am 11:15-12:15pm	9:10-9:40am 10:00-10:45am 11:00-12:00pm
Glendenning Prime	Glendenning Full-time Centre 1/170 Power Street, Glendenning	5:00-5:45pm 6:00-6:50pm 7:00-8:30pm	3:45-4:15pm 4:30-5:15pm 5:30-6:15pm 6:30-7:30pm	5:00-5:45pm 6:00-6:50pm 7:00-8:00pm 8:00-9:00pm	5:00-5:45pm 6:00-7:00pm 7:30-9:00pm	4:20-4:50pm 5:00-5:45pm 6:00-6:50pm 7:00-7:30pm 7:30-9:00pm		9:00-9:45am 10:00-10:45am 11:00-12:00pm	10:00-10:45am 11:00-11:45am
Katoomba Prime	Katoomba Full-time Centre 33-35 Waratah Street, Katoomba	5:00-5:45pm 6:00-7:00pm	9:30-10am 10:15-11:15am 5:00-5:45pm 6:00-7:00pm	5:30-6:15pm 6:30-7:30pm 7:30-8:30pm	4:15-4:45pm 5:00-5:45pm 6:00-7pm 7:30-9:00pm	5:00-5:45pm 6:00-6:50pm	9:00-10:00am 10:15-11:00am 11:15-12pm	9:15-9:45am 10:00-11:00am	
Penrith Prime	Penrith Full-time Centre Shop 1B, Henry Lawson Centre 61-79 Henry St, Penrith	5:00-5:45pm 6:00-6:50pm 7:00-8:00pm 8:15-9:15pm	9:15-9:45am 10:00-11am 5:00-5:45pm 6:00-7:00pm 7:30-9:00pm	5:00-5:45pm 6:00-7:00pm 7:30-9:00pm	10:00-11am 4:15-4:45pm 5:00-5:45pm 6:00-6:50pm 7:00-8:30pm	5:00-5:45pm 6:00-6:50pm 7:00-8:00pm	7:00-8:00am 8:15-8:45am 9:00-9:45am 10:00-11:00am	9:15-9:45am 10:00-11:00am	

BLUE MOUNTAINS								
DOJO	ADDRESS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Hazelbrook	Hazelbrook Public School Great Western Highway		4:30-5:00pm 5:00-6:00pm 6:30-7:30pm		6:00-7:00pm			
Mt Riverview	Mt Riverview Public School Rusden Road				7:00-8:00pm			
Winmalee	Winmalee Public School Leslie Street				6:00-7:00pm	6:30-7:30pm		

HILLS DISTRICT & SURROUNDING AREAS								
DOJO	ADDRESS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cherrybrook	Oakhill Drive Public School Oakhill Drive Kids class (5-12yrs)		6:00-6:50pm 7:00-7:50pm					
Quakers Hill	Quakers Hill High School Lalor Road			5:00-5:50pm 6:00-7:00pm 7:30-9:00pm	5:00-5:50pm 6:00-7:00pm	5:00-5:50pm 6:00-7:00pm 7:30-9:00pm		

OUTER WESTERN SYDNEY								
DOJO	ADDRESS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Colyton	Colyton High School 37/53 Carpenter Street, Colyton					6:15-7:15pm		
St Clair	Banks Public School Banks Drive	6:30-7:30pm		6:00-7:00pm			10:30-11:30am	

General Information:

Training and Gradings continue throughout school & public holidays, except for just 2 weeks over Christmas.

Gradings:

Upon attending your first class see your instructor about setting a date for your first grading (Yellow Tip) 9th kyu. This grading is FREE in class. All subsequent gradings for region 2 usually take place on the 2nd weekend of every month at our Prime locations (Saturdays at Penrith and Sundays at Glendenning and Blacktown). There are no gradings in January. Grading fees for 8th kyu to 5th Kyu (yellow-blue) \$55.00 & from 4th-1st Kyu (red-brown) \$65.00 applies. (Not including Belt which costs \$10).

Remember: Please arrive 20 mins before the start of every class.

This is important for students attending their first class for an introduction to your instructor. All classes (unless specified) are open to all ages (5+).

- If you are a student of our 'Prime' dojos, you are welcome to train at any of the locations on this timetable.
- Students of other classes are welcome to train at any of the locations in your area excluding the Prime dojos on this timetable. If you would like to upgrade to the Prime dojos, contact us to find out how!
- Students in the Blue Mountains are welcome to train at any of the Blue Mountains locations on this timetable (excluding Katoomba Prime). If you would like to upgrade to the other locations and/or Prime dojos, contact us to find out how!

Timetable Legend

- ◆ Kids Class
- ◆ Snr & Instructor Class
- ◆ Advanced Class
- ◆ Special/Kumite/Kata Class
- ◆ Yoji (3-4yo/preschool) Class
- ◆ Special Needs
- ◆ Womens class

Scan here for our Stack Team App



Scan here for our website

