



Training Schedule

Online Live-Stream Video Classes

Current schedule - Starts from: Monday, 20 July 2020 (See next page)

**WE ARE
OPEN!**

KARATE 4 LIFE - LIVE ONLINE CLASSES

Live streaming 3 days a week

Don't let Coronavirus stop you and your family from living strong, healthy lives! YOU matter, YOUR health matters (physical, mental, emotional), YOUR goals matter and you have new heights to achieve in 2020 not only for you but for those you love most. Let's keep living in 2020!

[NEW STUDENTS - REGISTER HERE](#)

*Offline classes at **Sunshine Coast Karate** have re-commenced since: Mon, 1 June 2020.*

For more information: SunshineCoastKarate.com.au

Phone: 0435 255 323 (Sensei Martin)

Email: martin@karate4life.com

Web: SunshineCoastKarate.com.au
Karate4Life.com

Facebook: www.facebook.com/SunshineCoastKarate/

SUNSHINE COAST
KARATE

| | ONLINE GROUP CLASSES | CLASS LINKS |
|------------------|--|---|
| MONDAY | 3:40 - 4:20pm Little Champions (4-7yrs) 4:30 - 5:30pm Kids (8-15yrs, all levels) 6:20 - 7:20pm Teens/Adults (all levels) | https://zoom.us/j/817561750 https://zoom.us/j/553577571 https://zoom.us/j/882684360 |
| WEDNESDAY | 3:40 - 4:20pm Little Champions (4-7yrs) 4:30 - 5:30pm Kids (8-15yrs, all levels) 6:20 - 7:20pm Teens/Adults (all levels) | https://zoom.us/j/817561750 https://zoom.us/j/553577571 https://zoom.us/j/882684360 |
| FRIDAY | 3:40 - 4:20pm Little Champions (4-7yrs) 4:30 - 5:30pm Kids (8-15yrs, all levels) 6:20 - 7:20pm Teens/Adults (all levels) | https://zoom.us/j/817561750 https://zoom.us/j/553577571 https://zoom.us/j/882684360 |

Notes

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|----------------------|---|
| Parent Participation | Parents are welcome to train with their children, in fact we encourage it. |
| Using ZOOM | To help instructors and as a courtesy to other participants, please do the following: <ul style="list-style-type: none"> • Rename your screen with your full name (first & last name). • Turn your video on & do not use virtual backgrounds during the class. • Mute your audio, unless you are invited to unmute yourself by the instructors. • If possible, position your camera so that you can see your full body on the screen. |
| Your Training Space | If possible ensure that you have a sufficient open space to train, that is free from obstructions and distractions and good lighting. You are welcome to use any device that supports ZOOM. Hardware we use is: computer with webcam, connected to TV via HDMI. |

On **PUBLIC HOLIDAYS** there will be no classes. If there is a long weekend as a result of the public holiday, there will also be no Saturday classes.

NEW STUDENTS (online classes), register online: <https://karate4life.com/online-classes>

NEW STUDENTS (offline classes) @ Sunshine Coast Karate, Maroochydore Dojo
 Register online: <https://SunshineCoastKarate.com.au>

Any questions or problems with class bookings, we'll be happy to help.

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