












CAIRNS QUEST CENTRE TIME TABLE 2016 - 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 3:45pm-4:30pm	 EARTH/WATER 3:45pm-4:30pm	 3:45pm-4:30pm	 FIRE/WIND 3:45pm-4:30pm	 3:45pm-4:30pm	 9:30am-10:15am	C
 FIRE/WIND 4:30pm-5:15pm	QUEST FAMILY WIND 4:30pm-5:15pm	QUEST FAMILY EARTH 4:30pm-5:15pm	QUEST FAMILY EARTH 4:30pm-5:15pm	 EARTH/WATER 4:30pm-5:15pm	 ALL LEVEL 10:15am-11:00am	L
QUEST FAMILY EARTH 5:15pm-6:00pm	QUEST FAMILY FIRE 5:15pm-6:00pm	QUEST FAMILY WATER/FIRE 5:15pm-6:00pm	QUEST FAMILY WATER 5:15pm-6:00pm	 5:15pm-6:00pm	 11:00am-11:45pm	O
QUEST MMA 6:00pm-6:45pm	QUEST FAMILY WATER 6:00pm-6:45pm	QUEST MMA 6:00pm-6:45pm	QUEST FAMILY FIRE 6:00pm-6:45pm	QUEST MMA 6:00pm-6:45pm	BLACK BELT ONLY 11:45am-12:30pm	S
QUEST FAMILY WATER/FIRE 7:00pm-7:45pm	QUEST FAMILY EARTH 6:45pm-7:30pm	QUEST FAMILY WIND/BLACK 7:00pm-7:45pm	QUEST FAMILY WIND 6:45pm-7:30pm	Rotating Class Meditation, Randori 7:00pm-7:45pm	CTI MEETING (Invite only) 12:30pm-1:00pm	E
QUEST FAMILY WIND/BLACK 7:45pm-8:30pm	BLACK BELT ONLY 7:30pm-8:15pm	QUEST TRADITIONAL WEAPON'S 7:45pm-8:30pm		WEEK 4 NO CLASSES DUE TO GRADUATION		D

Class Descriptions

TO- SHIN- DO

To- Shin- Do is our modern NINJUTSU classes in self-defense and self-development.



MINI NINJA'S- Ages: 4- 7 years.

These classes focus on physical coordination, focused attention, and social skills. Our Mini Ninjas have fun! From sword dodging to rolling, obstacle courses and self-defense. We treat each child as an individual and use positive reinforcement and praise coaching to help them learn. We believe that each child has unique gifts that can be nurtured to make the world a brighter place.



YOUNG WARRIORS & QUEST FAMILY- Ages: 8- 12 years.

Our Young Warriors enjoy all the benefits of our normal To-Shin-Do classes with the added bonus of fun filled ninja games and activities that we believe help our students learn without the pressure. Our young warriors also learn hands on social skills with kids their own age.



ADULT WARRIORS & QUEST FAMILY- Ages: 13 and above.

Our Adult Warriors train in our To-shin-Do program where they learn evasive maneuvers and street effective self-defense. These classes are broken up into five levels:

EARTH- White belt and above beginner class.

WATER- Blue/White and above.

FIRE- Red/White and above.

WIND- Green/White and above.

BLACK- 1st Degree Black Belt and above.

TRADITIONAL WEAPONS- Ages: 12 and above. Classical training in Sword, Bo, Kusari Fundo and Taijutsu.

QUEST MMA

MMA is a full- contact sport which involves both striking and grappling using techniques from various combat sports and martial arts.

QUEST MMA offers Kick boxing, Muay- Thai, Boxing, and Ground Tactics for ages 10 and above.



QUEST MMA will help improve your overall strength, conditioning and coordination on an extensive level. You will be exposed to Kick boxing, Muay Thai and Boxing pad drills, Ground fighting tactics, Jujutsu throws and functional fitness. QUEST MMA offers a new class schedule each week, so you will NEVER be bored... but you WILL be challenged!