















CAIRNS QUEST CENTRE TIME TABLE AUGUST 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 3:45pm-4:30pm	 3:45pm-4:30pm	 3:45pm-4:30pm	 3:45pm-4:30pm	 3:45pm-4:30pm EARTH/WATER	 9:30am-10:00am BEGINNERS
QUEST FAMILY EARTH 4:30pm-5:15pm	 ALL LEVELS 4:30pm-5:15pm	QUEST FAMILY EARTH 4:30pm-5:15pm	QUEST FAMILY EARTH/WATER 4:30pm-5:15pm	 4:30pm-5:15pm FIRE/WIND	 10:00am-10:30am GREEN BELT AND ABOVE
QUEST FAMILY WATER/FIRE 5:15pm-6:00pm	QUEST FAMILY EARTH/WATER /FIRE/WIND 5:15pm-6:00pm	QUEST FAMILY WIND/BLACK 5:15pm-6:00pm	QUEST FAMILY FIRE/WIND 5:15pm-6:00pm	 ZUMBA 5:30pm-6:15pm	 WEAPONS 10:30am-11:15pm
QUEST FAMILY WIND/BLACK 6:00pm-6:45pm	QUEST GROUND TACTICS 6:00pm-6:45pm	QUEST FAMILY WATER/FIRE 6:00pm-6:45pm	FREE MAT 6:00pm-6:45pm	 6:15pm-7:00pm	 11:15am-12:00pm
QUEST MMA 6:45pm-7:30pm	BLACK BELT ONLY 6:45pm-7:30pm	QUEST MMA 6:45pm-7:30pm		QUEST MMA 7:00pm-7:45pm	BLACK BELT ONLY 12:00 - 12:45pm
		QUEST FIGHT CLUB & TRADITIONAL WEAPONS (INVITE ONLY) 7:30pm-8:15pm			



MINI NINJA'S

Ages: 3- 6 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: 7- 11 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. WEAPONS- Ages: 7 and above. Classical training in Sword, Bo, Kusari Fundo and Taijutsu.



ADULT WARRIORS & QUEST FAMILY

Ages: 12 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.

WEAPONS- Ages: 7 and above. Classical training in Sword, Bo, Kusari Fundo and Taijutsu.



QUEST MMA

Ages: 10 and above.

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 .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!



ZUMBA FITNESS

Ages: 10 and above

Zumba is a fun and effective social dance party with exercise being the biggest perk!

The music is fast, upbeat and contagious, so you cant help but keep moving. The average person will burn 600- 1000 calories in a single Zumba class.

With the classes choreographed to provide intervals of intensity in both pace of music and type of movements, class members energy expenditure is maximized for fat-burning benefits. Improve your coordination, boost your mood and increase your confidence!



QUEST FIGHT CLUB AND TRADITIONAL WEAPONS

Ages: 10 and above

This class is an invite only class for those students that wish to train as a Martial Arts Athlete.

Training in full contact sparring which involves both striking and grappling using techniques from various combat sports and martial arts.

Training in various weapons available with the option of competing in Kick boxing, MMA and Extreme Weapons competitions around our local area.



QUEST GROUND TACTICS

Ages: 10 and above

This class offers realistic and competition ground fighting techniques and strategies.

Training in Throws, Rolls, Grappling, Locks, Holds, Chokes, and Jiont Manipultion

This class is a great work out for any age and training is great for work core strength