

JUNIORS: AGES 3 ½ - 6

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Junior Cubs All Ranks	5:00-5:30	3:20-3:50	5:00-5:30	3:20-3:50	4:00-4:30	11:15-11:45	10:25-10:55
		5:35-6:05	7:15-7:45	5:35-6:05			12:40-1:10

YOUTH: AGES 7 - 12

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
White Belt Kids	4:10-4:55	7:00-7:45	4:10-4:55	7:00-7:45	5:25-6:10	2:20-3:05	
Beginners Yellow & Orange Belts	3:20-4:05	6:10-6:55	3:20-4:05	6:10-6:55	4:35-5:20	12:40-1:25	11:50-12:35
		7:00-7:45		7:00-7:45		1:30-2:15	
						Makeup Stripe Workshop *3:10-3:35 *Last Sat of Mo	Makeup Stripe Workshop *1:15-1:40 *Last Sun of Mo
Intermediates Purple & Blue Belts	5:35-6:20	3:55-4:40	5:35-6:20	3:55-4:40	6:15-7:00	10:25-11:10	11:00-11:45
						Makeup Stripe Workshop *3:10-3:35 *Last Sat of Mo	Makeup Stripe Workshop *1:15-1:40 *Last Sun of Mo
Advanced Green – BB Candidate	6:25-7:10	4:45-5:30	6:25-7:10	4:45-5:30	7:05-7:50	11:50-12:35	
						Makeup Stripe Workshop *3:35-4:00 *Last Sat of Mo	Makeup Stripe Workshop *1:40-2:05 *Last Sun of Mo
						BB Prep Class (St. BB only) 8:30-9:20a	
Black Belts 1 st Degree & Up	6:25-7:10 (Youth & Teens)	4:45-5:30	6:25-7:10 (Youth & Teens)	4:45-5:30	7:55-8:45 (All Ages)		

TEENS & ADULTS: AGES 13 & UP

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
White Belts		7:50-8:40	7:50-8:40			9:30-10:20	
Beg. – Adv. Yellow – BB Candidate		7:50-8:40	7:50-8:40	7:50-8:40		9:30-10:20	9:30-10:20
						Makeup Stripe Workshop *3:35-4:00 *Last Sat of Mo	Makeup Stripe Workshop *1:40-2:05 *Last Sun of Mo
						BB Prep Class (St. BB only) 8:30-9:20a	
Black Belts 1 st Degree & up	6:25-7:10 (Youth & Teens)	7:50-8:40 (Teens & Adults)	6:25-7:10 (Youth & Teens) 7:50-8:40 (Teens & Adults)	7:50-8:40 (Teens & Adults)	7:55-8:45 (All Ages)		

SPECIALTY CLASSES:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Makeup Stripe Workshop (All Ranks)						Beg + Int: 3:10-3:35 Adv + Adult: 3:35-4:00 Last Sat of Mo	Beg + Int: 1:15-1:40 Adv + Adult: 1:40-2:05 Last Sun of Mo
Black Belt Prep Class (Stud. BB, BB Cand., Hon BB)						8:30-9:20	
Sparring Class (Invite Only)							8:30-9:20 Curric Wks 1 & 3
Demo Practice (Invite Only)							8:30-9:20 Curric Wks 2 & 4
Leadership Program (Invite Only)	7:20-9:10 (Staff only)					3:15-5:00 1 st Saturday of the Month	
Belt Promotion (Select Ranks)						4:15: Begin. 5:00: Interm. 5:45: Adv., Teen/Adult Last Sat of April/Aug/Dec	