

JUNIORS: AGES 3 ½ - 6

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Junior Cubs All Ranks	2:45-3:15	4:40-5:10	2:45-3:15 + 7:05-7:35	4:40-5:10	5:35-6:05	11:25-11:55 + 1:55-2:25	10:30-11:00

YOUTH: AGES 7 - 12

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
White Belt Kids	3:25-4:10	5:20-6:05	3:25-4:10 + 6:10-6:55	5:20-6:05	6:15-7:00	12:05-12:50	12:05-12:50

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beginners Yellow & Orange Belts	4:20-5:05	6:15-7:00	4:20-5:05 + 6:10-6:55	6:15-7:00	4:40-5:25	1:00-1:45	12:05-12:50 + Stripe Makeup Class 1:00-1:30

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Intermediates Purple & Blue Belts	5:15-6:00	3:45-4:30	5:15-6:00	3:45-4:30	3:45-4:30	10:30-11:15	11:10-11:55 + Stripe Makeup Class 1:00-1:30

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Advanced Green - Student BB	5:15-6:00	3:45-4:30	5:15-6:00	3:45-4:30	3:45-4:30	10:30-11:15 + BB Prep Class (Adv. Brown & up) 8:30-9:20a	11:10-11:55 + Stripe Makeup Class 1:00-1:30

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Black Belts 1 st Degree & Up		8:10-9:00	7:45-8:35		8:10-9:00		9:30-10:20

TEENS & ADULTS: AGES 13 & UP

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
White Belts		7:10-8:00		7:10-8:00		9:30-10:20	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beg – Adv Levels Yellow – Student BB		7:10-8:00	7:45-8:35	7:10-8:00	7:10-8:00	9:30-10:20 + BB Prep Class (Adv. Brown & up) 8:30-9:20a	9:30-10:20

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Black Belts 1 st Degree & Up		8:10-9:00	7:45-8:35		8:10-9:00		9:30-10:20

SPECIALTY CLASSES:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Makeup Stripe Class (Beg, Int, Adv Students)							1:00-1:30
Testing Belt Class (All Testing Belt Students)						2:35-3:05	
Black Belt Prep Class (Stud. BB, BB Cand., Hon BB)						8:30-9:20a	
Sparring Class (Purple Belt & up)							8:30-9:20a Wks 1 & 3
Demo Practice (Invite Only)							8:30-9:20a Wks 2 & 4
Leadership Program (Invite Only)						3:15-4:45 1 st Saturday of the Month	