

### JUNIORS: AGES 4 - 6

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Junior Cubs</b> All Ranks	2:45-3:15	4:10-4:40	2:45-3:15 + 6:40-7:10	4:10-4:40	5:30-6:00	12:10-12:40	10:25-10:55 + 12:40-1:10

### YOUTH: AGES 7 - 12

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>White Belt Kids</b>	3:20-4:05	5:35-6:20	3:20-4:05 + 5:50-6:35	5:35-6:20	6:05-6:50	1:35-2:20	11:50-12:35

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Beginners</b> Yellow & Orange Belts	4:10-4:55	6:25-7:10	4:10-4:55 + 5:50-6:35	6:25-7:10	3:30-4:15	11:20-12:05 + 1:35-2:20 + Testing Belt Class 2:25-2:55	11:50-12:35 + Stripe Makeup Class 1:15-1:45

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Intermediates</b> Purple & Blue Belts	5:00-5:45	3:20-4:05	5:00-5:45	3:20-4:05	4:20-5:25	12:45-1:30 + Testing Belt Class 2:25-2:55	11:00-11:45 + Stripe Makeup Class 1:15-1:45

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Advanced</b> Green - Student BB	5:00-5:45	4:45-5:30	5:00-5:45	4:45-5:30	6:55-7:40	10:30-11:15 + BB Prep Class 8:30-9:20a + Testing Belt Class 2:25-2:55	11:10-11:55 + Stripe Makeup Class 1:15-1:45

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Black Belts</b> 1 <sup>st</sup> Degree & Up		8:10-9:00	7:15-8:10		7:45-8:35		9:30-10:20

### TEENS & ADULTS: AGES 13 & UP

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>White Belts</b>		7:15-8:05		7:15-8:05		9:30-10:20	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Beg – Adv Levels</b> Yellow – Student BB		7:15-8:05	7:15-8:05	7:15-8:05	7:45-8:35	9:30-10:20 + BB Prep Class 8:30-9:20a	9:30-10:20

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Black Belts</b> 1 <sup>st</sup> Degree & Up		8:10-9:00	7:15-8:10		7:45-8:35		9:30-10:20

### SPECIALTY CLASSES:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Makeup Stripe Class</b> (Beg, Int, Adv Students)							1:15-1:45
<b>Testing Belt Class</b> (All Testing Belt Students)						2:25-2:55	
<b>Black Belt Prep Class</b> (Stud. BB, BB Cand., Hon BB)						8:30-9:20a	
<b>Sparring Class</b> (Purple Belt & up)							8:30-9:20a Wks 1 & 3
<b>Demo Practice</b> (Invite Only)							8:30-9:20a Wks 2 & 4
<b>Leadership Program</b> (Invite Only)						3:00-4:30 1 <sup>st</sup> Saturday of the Month	