

JUNIORS: AGES 4 - 6

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Junior Cubs All Ranks	2:45-3:15 + 5:50-6:20	2:45-3:15 + 4:10-4:40	2:45-3:15 + 6:40-7:10	2:45-3:15 + 4:10-4:40	3:15-3:45 + 5:30-6:00	12:05-12:35	10:25-10:55

YOUTH: AGES 7 - 12

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
White Belt Kids	3:20-4:05	5:35-6:20	3:20-4:05	5:35-6:20	4:40-5:25	1:30-2:15	12:40-1:25

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beginners Yellow & Orange Belts	4:10-4:55	3:20-4:05 + 6:25-7:10	4:10-4:55	3:20-4:05 + 6:25-7:10	3:50-4:35 + 6:05-6:50	11:15-12:00 + 2:20-3:05 + Testing Belt Class 3:10-3:40	11:00-11:45 + 1:30-2:15 + Stripe Makeup Class 2:20-2:50

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Intermediates Purple & Blue Belts	5:00-5:45	4:45-5:30	5:50-6:35	4:45-5:30	6:55-7:40	12:40-1:25 + Testing Belt Class 3:10-3:40	11:50-12:35 + Stripe Makeup Class 2:20-2:50

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Advanced Belts Green - Student BB	5:00-5:45	4:45-5:30	5:00-5:45	4:45-5:30	6:55-7:40	10:25-11:10 + BB Prep Class 8:30-9:20a + Testing Belt Class 3:10-3:40	11:50-12:35 + Stripe Makeup Class 2:20-2:50

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Black Belts 1 st Degree & Up		8:10-9:00	7:15-8:05		7:45-8:35		9:30-10:20

TEENS & ADULTS: AGES 13 & UP

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beg – Adv Levels 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 + Testing Belt Class 3:10-3:40	9:30-10:20 + Stripe Makeup Class 2:20-2:50

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Black Belts 1 st Degree & Up		8:10-9:00	7:15-8:05		7:45-8:35		9:30-10:20

SPECIALTY CLASSES:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Makeup Stripe Class (Beg, Int, Adv Students)							2:20-2:50
Testing Belt Class (All Testing Belt Students)						3:10-3:40	
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)						3:45-5:15 1 st Saturday of the Month	

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