

JUNIORS: AGES 4 - 6

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

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 + Stripe Makeup Class 2:20-2:50

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

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

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Black Belts		8:10-9:00	7:15-8:05		7:45-8:35	10:25-11:10 +	9:30-10:20
1 st Degree & Up						Stripe Makeup Class 3:10-3:40	



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	Stripe Makeup Class 2:20-2:50

	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 + Stripe Makeup + Tester Belt Class 3:10-3:40	9:30-10:20

	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	10:25-11:10 + Stripe Makeup Class 3:10-3:40	9:30-10:20

SPECIALTY CLASSES:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Stripe Makeup + Tester Belt Class						Intermediate Advanced Teen/Adult Black Belt 3:10-3:40	White Belts Beginners 2:20-2:50
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	

