

JUNIORS: AGES 3 - 6

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cubs & Me Ages 3-4 All Ranks		2:45-3:15					11:15-11:45
Junior Cubs Ages 5-6 All Ranks	2:45-3:15	4:10-4:40	2:45-3:15 + 6:40-7:10	4:10-4:40	5:00-5:30	12:05-12:35	12:40-1:10

YOUTH: AGES 7 - 11

	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	4:10-4:55	1:30-2:15 + Makeup Workshop 2:20-2:50 2:50-3:20	11:50-12:35

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Level 1 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	4:10-4:55 + 5:35-6:20	11:15-12:00 + 1:30-2:15 + Makeup + Tester Belt Workshop 2:20-2:50 2:50-3:20	11:50-12:35

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Level 2 Purple & Blue Belts	5:00-5:45	4:45-5:30	5:50-6:35	4:45-5:30	3:20-4:05 + 6:25-7:10	12:40-1:25	1:15-2:00 + Makeup + Tester Belt Workshop 2:05-2:35

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Level 3 Green & Brown Belts	5:00-5:45	4:45-5:30	5:00-5:45	4:45-5:30	6:25-7:10	10:25-11:10	10:25-11:10 + Makeup + Tester Belt Workshop 2:35-3:05

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Level 4 Grey - Student BB			5:00-5:45			10:25-11:10 + BB Prep Class 8:30-9:20a	10:25-11:10 + Makeup + Tester Belt Workshop 2:35-3:05



TEENS & ADULTS: AGES 12 & UP

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
White Belts		7:15-8:05		7:15-8:05		9:30-10:20 + Makeup Workshop 2:20-2:50 2:50-3:20	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Level 1 - 2 Yellow – Adv. Blue		7:15-8:05		7:15-8:05		9:30-10:20 + Makeup + Tester Belt Workshop 2:20-2:50 2:50-3:20	9:30-10:20
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Level 3 - 4 Green – Student BB			7:15-8:05		7:15-8:05	9:30-10:20 + BB Prep Class 8:30-9:20a	9:30-10:20 + Makeup + Tester Belt Workshop 2:35-3:05
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Black Belts 1 st Degree & Up		8:10-9:00	7:15-8:05		7:15-8:05		9:30-10:20 + Stripe Makeup Class 9:25-9:55a

SPECIALTY CLASSES:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Stripe Makeup + Tester Belt Classes						White & Level 1 Ranks 2:20-2:50 + 2:50-3:20	Level 2 Ranks 2:05-2:35 Level 3, 4, & BB Ranks 2:35-3:05
Black Belt Prep Class (Adv Grey & Up)						8:30-9:20a	
Sparring Class (Purple Belt & up)					8:10-9:00		
Demo Practice (Invite Only)							8:30-9:20a
Leadership Program (Invite Only)						3:30-5:00 1 st Saturday of the Month	