



April 2016

WestWind Schedule • Midvale

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Class	(A) MONDAY	(A) TUESDAY	(A) FRIDAY	(B) WEDNESDAY	(B) THURSDAY	(B) SATURDAY	Class
INTRO	3:30 / 5:15	7:15 / 8:30		3:30 / 5:15	7:15 / 8:30	10:30 / 12:45	INTRO
WHITE	7:15 - 8:00	5:15 - 6:00	5:00-5:45 (Sandy)	7:15 - 8:00	5:15 - 6:00	11:00 -11:45	WHITE
EARLY SKILLS	4:00 - 4:30	6:00 - 6:30		4:00 - 4:30	6:00 - 6:30		EARLY SKILLS
BASIC SKILLS	4:30 - 5:15	6:30- 7:15		4:30 - 5:15	6:30 - 7:15		BASIC SKILLS
YELLOW ORANGE	5:45 - 6:30	7:45 - 8:30	5:00-5:45 (Sandy)	5:45 - 6:30	7:45 - 8:30	11:00 -11:45	YELLOW ORANGE
PURPLE BLUE	8:00 - 8:45	4:30 - 5:15	5:00-5:45 (Sandy)	8:00 - 8:45	4:30 - 5:15	11:45 - 12:30	PURPLE BLUE
GREEN thru BLACK	6:30 - 7:15	8:30 - 9:15	5:00-5:45 (Sandy)	6:30 - 7:15	8:30 - 9:15	11:45 - 12:30	GREEN thru BLACK
BLACK		9:15-10:00					BLACK
BBC SPARRING			4:00 - 5:00 (Sandy)				BBC SPARRING
S.T.O.R.M. TEAM			5:45 - 6:15 (Sandy)				S.T.O.R.M. TEAM
S.W.A.T. TEAM			6:15 - 7:00 (Sandy)				S.W.A.T. TEAM

Students are expected to:

1. Arrive 10-15 minutes prior to scheduled classes.
2. Attend one "A" & "B" day per week.
3. Pull attendance card prior to each class.
4. Keep uniforms neat, clean & odor-free.
5. Quietly prepare for class (do not disturb class in session).
6. Always show respect to your instructors & fellow students.
7. Students & guests should always be well mannered & behave properly.
8. Attend classes on a consistent schedule.
9. Make arrangements with instructors for make up classes.
10. Show proper effort & spirit in the classroom.
11. Practice & exercise at home for better results.
12. Memorize & apply Student Creed.
13. Develop & maintain a positive, well disciplined attitude.

A Days- Teq/Katas • B Days- Reaction