



March 2016

WestWind Schedule • Sandy
9484 South Union Square
Sandy, UT 84070
801.571.KICK (5425)

WestWind Schedule • Sandy

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

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