

## **BASIC PROGRAM**

**Classes are 30 minutes • Students must attend 2 classes per week**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Young Adult White, Gold, Orange	5:00 PM	6:00 PM	6:15 PM	-----	4:30 PM	11:00 AM

## **BLACK BELT COURSE**

**Classes are 45 minutes • Students must attend 2 classes per week**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
YA White, Gold, Orange	5:00 PM	6:00 PM	6:15 PM	----	4:30 PM	11:00 AM
YA Green, Blue, Beg. Purple	6:00 PM	5:00 PM	----	4:15 PM	5:30 PM	9:15 AM
YA Adv. Purple, Red, Brown	4:15 PM	4:15 PM	5:15 PM	6:15 PM	-----	10:15 AM
Adult White – Brown	8:00 PM	-----	7:00 PM	8:15 PM	-----	11:45 AM

## **LEADERSHIP COURSE**

**Classes are 1 hour • Students must attend 2 classes per week**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
YA White, Gold, Orange	5:00 PM	5:45 PM	6:00 PM	----	4:30 PM	11:00 AM
YA Green, Blue, Beg. Purple	5:45 PM	5:45 PM	-----	4:00 PM	5:15 PM	9:15 AM
YA Adv. Purple, Red, Brown	4:00 PM	4:00 PM	5:15 PM	6:00 PM	-----	10:00 AM
Young Adults Black	-----	6:45 PM	4:00 PM	5:00 PM	-----	8:00 AM
Adult White – Brown	8:00 PM	-----	7:00 PM	8:00 PM	-----	11:45 AM
Adult Black	6:45 PM	7:45 PM	7:45 PM	7:00 PM	-----	8:00 AM

## **RANGER PROGRAM**

**Ages 4-7 • Classes are 30 Minutes • Students must attend 2 classes per week**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White, Yellow, Orange	-----	5:30 PM	-----	5:00 PM	6:00 PM	10:00 AM
Green, Blue, Purple	-----	5:00 PM	5:30 PM	6:00 PM	5:30 PM	9:30 AM
Red, Brown, Gold	-----	4:30 PM	-----	5:30 PM	5:00 PM	10:30 AM

## **KICKBOXING**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 PM	7:00 PM	-----	7:00 PM	-----	8:00 AM

