

BASIC, BLACK BELT COURSE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
YA White, Gold, Orange	5:00pm	5:45pm	4:00pm		5:45pm	11:00am
YA Green, Blue, Purple	4:00pm		5:45pm	5:00pm	4:45pm	12:00pm
YA Adv. Purple, Red, Brown	5:45pm	4:00pm	5:00pm	4:00pm		12:00pm
Teen/Adult White - Brown	6:45pm	7:30pm	7:30pm	6:45pm		10:15am
Teen/Adult Noon Time Class	12:00pm		12:00pm			
Kickboxing		8:15pm	6:30pm		6:15pm	9:00am
Jiu Jitsu	7:30pm					8:00am

All Black Belt Course Classes are 45 minutes long, Basic Students Stay for 30 Minutes.
 Kickboxing Classes are 1 hour long.

LEADERSHIP STUDENTS SCHEDULE

YA White, Gold, Orange	4:45pm	5:45pm	4:00pm		5:30pm	11:00am
YA Green, Blue, Purple	4:00pm		5:45pm	4:45pm	4:45pm	11:45am
YA Adv. Purple, Red, Brown	5:45pm	4:00pm	4:45pm	4:00pm		11:45am
YA Black		4:45pm		5:45pm	3:45pm	9:15am
Teen/Adult White – Brown	6:30pm	7:30pm	7:30pm	6:30pm		10:00am
Teen/Adult Black		6:30pm	7:30pm	7:30pm		10:00am
Teen/Adult 2 nd & 3 rd Degree Black	7:30pm					

All Leadership Classes are 1 hour long. All Black Belt Students Participate in Leadership

RANGER SCHEDULE

All Classes are 30 Minutes • Students must attend 2 classes per week

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White, Yellow, Orange, Green	5:30pm	4:45pm	6:00pm	5:30pm	-----	10:45am
Blue, Purple, Red, Brown, Gold	6:00pm	5:15pm	5:30pm	6:00pm	-----	11:15am