

BASIC PROGRAM
Classes are 30 minutes • Students required to attend 2 classes per week

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Young Adult White, Gold, Orange	4:45 PM	3:45 PM	----	6:30 PM	3:45 PM	10:45 AM
Adult White – Brown	7:15 PM	6:30 PM	5:30 PM	7:15 PM	-----	8:00 AM

BLACK BELT COURSE
Classes are 45 minutes • Students required to attend 2 classes per week

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
YA White, Gold, Orange	4:45 PM	3:45 PM	-----	6:30 PM	3:45 PM	10:45 AM
YA Green, Blue, Beg. Purple	3:45 PM 5:30 PM	4:45 PM	4:45 PM 6:30 PM	3:45 PM	4:45 PM	9:45 AM
YA Adv. Purple, Red, Brown	3:45 PM 5:30 PM	4:45 PM	4:45 PM 6:30 PM	3:45 PM	4:45 PM	9:45 AM
Adult White – Brown	7:15 PM	6:30 PM	5:30 PM	7:15 PM	-----	8:00 AM

LEADERSHIP COURSE
Classes are 1 hour • Students required to attend 2 classes per week

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
YA White, Gold, Orange	4:30 PM	3:45 PM	-----	6:15 PM	3:45 PM	10:30 AM
YA Green, Blue, Beg. Purple	3:45 PM 5:30 PM	4:30 PM	4:30 PM 6:15 PM	3:45 PM	4:30 PM	9:45 AM
YA Adv. Purple, Red, Brown	3:45 PM 5:30 PM	4:30 PM	4:30 PM 6:15 PM	3:45 PM	4:30 PM	9:45 AM
Young Adults Black Belt	6:15 PM	5:30 PM	3:45 PM	4:30 PM	-----	8:45 AM
Adult White – Brown	7:15 PM	6:15 PM	5:30 PM	7:15 PM	-----	8:00 AM
Adult Black Belt	-----	7:15 PM	7:15 PM	5:30 PM	5:30 PM	8:45 AM

RANGER PROGRAM
Ages 4-7 • Classes are 30 Minutes • Students required to attend 2 classes per week

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White, Yellow, Orange	5:45 PM	5:10 PM	4:20 PM	4:35 PM	-----	9:20 AM
Green, Blue, Purple	5:10 PM	4:35 PM	5:30 PM	5:10 PM	-----	9:55 AM
Red, Brown, Gold	4:35 PM	5:45 PM	4:55 PM	5:45 PM	-----	10:30 AM

KICKBOXING

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30 AM	5:30 AM		5:30 AM	8:00 AM
6:15 PM ADV	6:15 PM BEG		6:15 PM ADV		
7:15 PM	7:15 PM	7:00 PM	7:15 PM	6:00 PM	