

CLASS SCHEDULE

Champions: Ages 3 – 6 Years Old | Juniors: Ages 7 – 12 Years Old | Adults: Ages 13 – 80 Years Old

1. Students should attend at least 1 "A-Day" and 1 "B-Day" per week.
2. Basic students may attend a max of 3 classes per week.
3. Black Belt Club students may attend a max of 4 classes per week.
4. Master's Club students may attend a max of 5 classes per week.
5. Students in Black Belt Club + should bring their bag to every class.
6. Private Lessons may be booked by speaking to any staff member.
7. Every time you refer a student to our program, you'll get \$50 on us!
8. New students may only come to Basic/ White-Yellow Belt classes.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
A Day	A Day	B Day	B Day	B Day	A Day	
	ADULT All Belts (12:00-1:00pm)		ADULT All Belts (12:00-1:00pm)		BLACK BELT TEST PREP For Candidates Only (8:00 – 8:45am)	
Private Lessons (3:15 – 3:45pm)	Private Lessons (3:15 – 3:45pm)	Private Lessons (3:15 – 3:45pm)	Private Lessons (3:15 – 3:45pm)	Private Lessons (3:15 – 3:45pm)		
ALL CHAMPIONS (4:15 – 4:45pm)	JUNIOR Green St. – Red Stripe (4:15 – 5:00pm)	ALL CHAMPIONS (4:15 – 4:45pm)	JUNIOR Green St. – Red Stripe (4:15 – 5:00pm)	JUNIOR White to Yellow Belt (4:15 – 5:00pm)	CHAMPIONS BBC (9:00 – 9:30am)	ADULT Colored Belts (9:00 – 9:45am)
JUNIOR White to Yellow Belt (5:00 – 5:45pm)	ALL CHAMPIONS (5:15 – 5:45pm)	JUNIOR White to Yellow Belt (5:00 – 5:45pm)	ALL CHAMPIONS (5:15 – 5:45pm)	JUNIOR Green St. – Red Stripe (5:15 – 6:00pm)	JUNIOR Red-Black Belt (9:45 – 10:30am)	ADULT Black Belt+ (10:00 – 10:45am)
JUNIOR Green St. – Red Stripe (6:00 – 6:45pm)	JUNIOR Red – Black Belt (6:00 – 6:45pm)	JUNIOR Green St. – Red Stripe (6:00 – 6:45pm)	JUNIOR Red – Black Belt (6:00 – 6:45pm)	JUNIOR Red – Black Belt (6:15 – 7:00pm)	JUNIOR Green St. – Red Stripe (10:45 – 11:30am)	ADULT Leadership (11:00 – 11:30am)
JUNIOR Red – Black Belt (7:00 – 7:45pm)	JUNIOR White to Yellow Belt (7:00 – 7:45pm)	JUNIOR Red – Black Belt (7:00 – 7:45pm)	JUNIOR White to Yellow Belt (7:00 – 7:45pm)	XMA Leadership Invitation Only (7:00 – 7:30pm)	JUNIOR White to Yellow Belt (11:45 – 12:30pm)	
ADULT All Belts (8:00 – 8:45pm)	ADULT All Belts (8:00 – 8:45pm)	ADULT All Belts (8:00 – 8:45pm)	ADULT All Belts (8:00 – 8:45pm)	Reserved for Parent's Night Out Events, Buddy Night Events, and Specialty Team Training		Reserved for Private Lessons, Birthday Parties, Pizza Parties, and Special Seminars
ADULT Black Belt & Up (8:45 – 9:00pm)	ADULT Black Belt & Up (8:45 – 9:00pm)	ADULT Master's Club (8:45 – 9:00pm)	ADULT Master's Club (8:45 – 9:00pm)			