



Begins Sept 3, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5/6 4:30-5:00 pm	7-11 Advanced 4:45-5:30 pm	5/6 4:30-5:00 pm	7-11 W/Y/O 4:30-5:15 pm	5/6 4:45-5:15 pm	ADULTS ALL BELTS 8:15-9:15* am
7-11 W/Y/O 5:05-5:50 pm	7-11 W/Y/O 5:40-6:25 pm		7-11 Advanced 5:15-6:00 pm	7-11 W/Y/O 5:20-6:05 pm	5/6 9:45-10:15 am
ALL TEENS 6:00-6:45 pm	ALL TEENS 6:30-7:15 pm	7-11 Advanced 5:45-6:30 pm	ALL TEENS 6:00-6:45 pm	7-11 Advanced 6:10-6:55 pm	7-11 W/Y/O 10:15-11:00 am
BLACK BELT KIDS (10-14) 6:45-7:30 pm	BLACK BELT TEEN/ADULTS 7:15-8:00 pm	BLACK BELT KIDS (10-14) 6:30-7:15 pm	ADULTS ALL BELTS 6:45-7:45* pm		7-11 Advanced 11:00-11:45 am
ADULTS ALL BELTS 7:30-8:30* pm	ADULTS ALL BELTS 8:00-9:00* pm	BLACK BELT CYCLE PREP 7:15-8:00 pm	BLACK BELT TEEN/ADULTS 7:45-8:30 pm		TEEN ALL BELTS 11:45-12:30 pm
		ADULTS ALL BELTS 8:00-9:00* pm			

Adult W/Y/O class will be 45 min in length, the remaining 15 minutes will be dedicated to the advanced ranks, green belt and above

(856) 629-2005
FOLLOW US ON FACEBOOK!
 Updated 7/17/19
www.martialartssewellnj.com