



CLASS SCHEDULE
BODYWORKS MARTIAL ARTS TRAINING CENTER
45 Chenell Dr.
CONCORD, NH 03301



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Ninja Turtles (ages 4-6)	4:45-5:15pm	4:00-4:30pm	4:45-5:15pm	4:00-4:30pm		9:00-9:30am
	A DAY Curriculum		B Day Curriculum		A/B Day Curriculum	
Dragon Warrior Beginner (ages 7-11)	5:15-6:00pm	4:30-5:15pm	5:15-6:00pm	4:30-5:15pm		9:30-10:15am
Dragon Warrior Intermediate (ages 7-11)	5:15-6:00pm	4:30-5:15pm	5:15-6:00pm	4:30-5:15pm		9:30-10:15am
Dragon Warrior Advanced (ages 7-11)	4:00-4:45pm	5:45-6:30pm	4:00-4:45pm			10:15-11:00am
Adult Juniors (ages 11-15)	6:00-6:45pm	6:30-7:15pm	6:00-6:45pm	5:45-6:30pm		
Adult Beginner/Intermediate (White-Green)	6:00-6:45pm	6:30-7:15pm	6:00-6:45pm	5:45-6:30pm		
Adult Advanced (Brown-Black)	6:45-7:30pm (Brown Only)	7:15-8:00pm (Brn & Blk)	6:45-7:30pm (Brown Only)	6:30-7:15pm (1st-3rd Blk)		
Advanced Black Belt (3rd Black and higher)				7:15-8:00pm		
SPECIAL PROGRAM CLASSES						
Weapons Class		5:15-5:45pm		5:15-5:45pm	6:00-6:30pm	
Adult Jiu-Jitsu		6:00-7:00pm		6:00-7:00pm	Sunday: 10:00-11:00am	
Kids Jiu-Jitsu		5:00-5:45pm				

BELT LEVELS: BEGINNER = WHITE-ORANGE; INTERMEDIATE = PURPLE -GREEN; ADVANCED = BROWN/BLACK