



8240 Cazenovia Rd ~ Manlius ~ NY ~ 13104
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**Schedule
 Effective
 Jan. 3rd, 2022**

| | Monday A day (Kata) | Tuesday A day (Kata) | Wednesday B day (Sparring) | Thursday B day (Sparring) | Friday A day (Kata) | Saturday B day (Sparring) |
|--|---|---|--|---|---|--|
| A - Day No sparring gear needed | | | | | | Adult Sparring All Belts 9:30 - 10:25 |
| B - Day Bring your sparring gear | Jr Kata White - Orange 4:15 - 4:55 | Lil Champs 4:15 - 4:45 | Jr Sparring White - Orange 4:15 - 4:55 | Lil Champs 4:15 - 4:45 | Lil Champs 4:15 - 4:45 Wh - Green 4:15 - 4:55 | Kali Black Belts only 10:30 - 11:10 |
| Lil Champs 4-6 yrs. old | Jr Kata P - Bl - Gr 5:00 - 5:40 | Jr Kata Advanced Team 5:00 - 5:40 | Jr Sparring P - Bl - Gr 5:00 - 5:40 | Jr Sparring Advanced Team 5:00 - 5:40 | Junior Jitsu All Belts BBT Team 5:00 - 5:40 | Lil Champs 11:15 - 11:45 Jr Wh - Or 11:15 - 11:55 |
| Jr (juniors) 7 - 13 yrs old Wh - Orange Purple - Green Brown and up | Lil Champs 5:45 - 6:15 | Jr Kata P - Bl - Gr 5:45 - 6:10 | Lil Champs 5:45 - 6:15 | Jr Sparring P - Bl - Gr 5:45 - 6:10 | Jr Kata Advanced Team 5:45 - 6:25 | Purple - Green Advanced Team 12:00 - 12:45 |
| Young Adults 14 - 29 yrs. old | Jr Kata Advanced Team 6:30 - 7:10 | Jr Kata White - Orange 6:30 - 7:10 | Jr Sparring Advanced Team 6:30 - 7:10 | Jr Sparring White - Orange 6:30 - 7:10 | BB Weapons Black Belts 5:45 - 6:25 | |
| 30+ Adults Can take any Adult class | All Black Belts 7:15 - 7:45 | Adult kata 30+ Adults 7:15 - 7:55 | Adult Sparring Young Adults 7:15 - 7:55 | Adult Sparring 30+ Adults 7:15 - 7:55 | Adv. Kicking All Belts BBT Team 6:30 - 7:00 | Birthday Parties 1:30 - 3:00 |
| BBT Team Black Belt Training Team Black Uniform | Adult Kata Young Adults 7:45 - 8:25 | Adult Kata Young Adults 8:00 - 8:40 | Adult Sparring 30+ Adults 8:00 - 8:45 | Adults Sparring Young Adults 8:00 - 8:45 | Target Training All Adults 7:00 - 7:45 | |
| | Adult Kata 30+ Adults 8:30 - 9:15 | Kali All Black Belts 8:45 - 9:30 | Jitsu BBT - Adults 8:45 - 9:30 | Muay Thai BBT - Adults 8:45 - 9:30 | SWAT / Demo Team By Invite 7:45 - 8:30 | |

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| Krav Fitness |
| Monday 10:00 - 10:45 am |
| Wednesday 10:00 - 10:45 am |
| Friday 10:00 - 10:45 am |

Protocol Reminders

- ~ Please demonstrate respect when entering and exiting the dojo with a proper bow
- ~ Please be 10 minutes early for class
- ~ Place your shoes neatly in the shoe rack
- ~ Hang your coat in the coat rack
- ~ Parents, please remove your shoes also during times of wet weather.
- ~ Keep your uniform neat and clean with patches properly sewn on
- ~ Learn to tie your belt properly
- ~ For student safety no jewelry is allowed in the class. (other than wedding and engagement bands)