

Effective FEB 16th	mon	tues	wed	thurs	fri	sat
8:30am						CORE
9:00am						Knuckleheads
9:30am		CORE		CORE		W/Y JRs
10:15am		Knuckleheads		Knuckleheads		Orange+ JRs [break after]
11:00am		Teens / Adults		Teens / Adults		Teen/Adults
			Knuckleheads 4pm			
4:30	Blue+ JRs [break before]	CORE	W+Y JRs	CORE		
5:00	Or/G/P JRs	Knuckleheads	Or/G/P JRs	Knuckleheads	W+Y JRs	
5:30	Knuckleheads	W+Y JRs	Blue+ JRs [break after]	Or/G/P JRs	Knuckleheads	
6:00	W+Y JRs	Or/G/P JRs	ELITE (30min)	W+Y JRs	Orange+ JRs [break after]	
6:30	White-Orange T/A (30min)	Blue+ JRs [break after]	Starts at 6:15pm	Blue+ JRs [break after]	Teen/Adults 6:45pm	
7:00	Green-Black T/A	ADULT	7pm - TEENS 30min	ADULT		
7:45	2nd SR+ ONLY * (1hour)	TEEN ***	7:30 - FIGHT CLUB 30 min (Teens & Adults)	TEEN ***		
	*Also T/A Black Belts Testing <u>this cycle</u>	*** 2nd Sr+ Teens go to ADULT class***	8pm - ADULTS 30min	*** 2nd Sr+ Teens go to ADULT class***		