

Class Schedule

Revised March 8th, 2010



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3:30 - 4:15 White/Yellow Belt	3:30 - 4:15 Green Belt	3:30 - 4:15 White/Yellow Belt	3:30 - 4:15 Green Belt	3:30 - 4:15 AMP	9:00 - 9:45 White Yellow / Orange
4:15 - 5:00 Senior Yellow Orange Belt	4:15 - 5:00 Red Belt	4:15 - 5:00 Senior Yellow Orange Belt	4:15 - 5:00 Red Belt	4:15 - 5:00 Master's Club/ Dream Team	10:00 to 10:45 Sparring Class Gear Required
5:00 to 5:15 Master's Club Weapons	5:00 - 5:45 White/Yellow Belt	5:00 to 5:15 Master's Club Weapons	5:00 - 5:45 White/Yellow Belt	5:00 - 6:00 Demo Team	11:00 - 12:00 Green / Red Black Belt
5:15 - 6:00 Green Belt	5:45 - 6:30 Senior Yellow Orange Belt	5:15 - 6:00 Green Belt	5:45 - 6:30 Senior Yellow Orange Belt	6:00 - 6:45 Demo Team	11:00-2:00 Black Belt Prep
6:00 - 6:45 Red Belt	6:30 - 7:30 1st Gup / Black Belt	6:00 - 6:45 Red Belt	6:30 - 7:30 1st Gup / Black Belt	6:45 - 7:30 Family / Adult	
6:45 - 7:30 Family / Adult		6:45 - 7:30 Family / Adult			

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