



Class Schedule - effective January 1, 2017

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
Children's White Belt thru Green Belt					
5:00-6:00	4:00-5:00	5:00-6:00	4:00-5:00	5:00-6:00	9:00-10:00
Adult and Family White Belt thru Green Belt					
6:00-7:00	7:15-8:00	6:00-7:00	Noon-1:00* 7:00-8:00	5:00-6:00	9:00-10:00

*Noon class is open for adults only.

Children's High-Green Belt thru Black Belt					
4:00-5:00	5:00-6:00	4:00-5:00	5:00-6:00	5:00-6:00	10:00-11:00
Adult and Family High-Green Belt thru Black Belt					
7:00-8:30	6:00-7:30	7:00-8:30	Noon-1:00* 6:00-7:30	5:00-6:00 *Green thru High-Brown only	10:00-11:00
Specialty Classes					
	7:30-8:00 Weapons High Green Belts and Higher		7:30-8:00 Black Belt forms and review	6:00-7:00 Red thru Black Belt only	11:00-12:00 All Belt Sparring Class (with gear) High belts bring weapons <hr/> 12:00-1:00 Demo Team Children and Adults

Reminder: Bring ALL gear to every class.