



Class Schedule

Effective Monday, April 29, 2019

<u>Mighty Lions</u> (age 4-6)	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Beginners (white belts & yellow stripe)	4:00-4:30 5:20-5:55	4:00-4:30 5:20-5:55	4:00-4:30 5:20-5:55	4:00-4:30 5:20-5:55	4:00-4:30 5:20-5:55	9:30-10:05 10:15-10:50
Advanced (green, blue & red stripe)	4:35-5:15 5:20-5:55	4:35-5:15 5:20-5:55	4:35-5:15 5:20-5:55	4:35-5:15 5:20-5:55	4:35-5:15 5:20-5:55	9:30-10:05 10:15-10:50

<u>Juniors</u> (age 7-14)	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
White & Yellow Belts	4:00-4:50 6:00-6:50 7:00-7:45	4:00-4:50 6:00-6:50	4:00-4:50 6:00-6:50 7:00-7:45	4:00-4:50 6:00-6:50 7:00-7:45	4:00-4:50 6:00-6:50 7:00-7:45	9:00-9:55 10:00-10:55 11:00-11:55
Green & Blue Belts	5:00-5:50 6:00-6:50 7:00-7:45	5:00-5:50 6:00-6:50	5:00-5:50 6:00-6:50 7:00-7:45	5:00-5:50 6:00-6:50 7:00-7:45	5:00-5:50 6:00-6:50 7:00-7:45	9:00-9:55 10:00-10:55 11:00-11:55
Red Belts & Black Belts	6:00-6:50 7:00-7:45	6:00-6:50	6:00-6:50 7:00-7:45	6:00-6:50 7:00-7:45	6:00-6:50 7:00-7:45	9:00-9:55 10:00-10:55 11:00-11:55
Junior Black Belts				7:00-7:45 7:45-8:30		
Adults & Juniors	7:00-7:45	--	7:00-7:45	7:00-7:45	7:00-7:45	9:00-9:55 10:00-10:55 11:00-11:55

Classes in **BLUE** are sparring/sparring skills for all levels.

<u>Adults</u> (age 15 & up)	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Adults, All Belts	7:00-7:45pm 7:45-8:30pm	7:00-7:45pm 7:45-8:30pm	7:00-7:45pm 7:45-8:30pm	7:00-7:45pm	9:00-9:45am 12:00-1:00pm 7:00-7:45pm	9:00-9:55 10:00-10:55 11:00-11:55
Adult Black Belts	7:00-7:45pm 7:45-8:30pm	7:00-7:45pm 7:45-8:30pm	7:00-7:45pm 7:45-8:30pm	7:00-7:45pm 7:45-8:30pm	9:00-9:45am 12:00-1:00pm 7:00-7:45pm	9:00-9:55 10:00-10:55 11:00-11:55
Adults only	7:45-8:30pm	7:00-7:45pm 7:45-8:30pm	7:45-8:30pm	9:00-9:45am	9:00-9:45am 12:00-1:00pm	11:00-11:55am (Choi)
Adults & Juniors	7:00-7:45	--	7:00-7:45	7:00-7:45	7:00-7:45	9:00-9:55 10:00-10:55 11:00-11:55

Classes in **BLUE** are sparring/sparring skills for all levels.