



Class Schedule

Effective September 3, 2019

<u>Mighty Lions</u> <u>(age 4-6)</u>	<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> <u>(age 7-14)</u>	<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	6:00-6:50 7:00-7:45	9:00-9:45am 6:00-6:50	6:00-6:50 7:00-7:45	9:00-9:45am 6:50-7:35 7:45-8:30	9:00-9:45am 12:00-1:00pm 6:00-6:50pm 7:00-7:45pm	9:00-9:55 10:00-10:55 11:00-11:55
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> <u>(age 15 & up)</u>	<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	9:00-9:45am 7:00-7:45pm 7:45-8:30pm	7:00-7:45pm 7:45-8:30pm	9:00-9:45am 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	9:00-9:45am 7:00-7:45pm 7:45-8:30pm	7:00-7:45pm 7:45-8:30pm	9:00-9:45am 6:50-7:35pm 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		9:00-9:45am 7:00-7:45pm 7:45-8:30pm		9:00-9:45am	9:00-9:45am 12:00-1:00pm	11:00-11:55am <i>(Choi)</i>
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.