






CLASS SCHEDULE (AS OF MAY 30, 2023)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	ADULT 18+ 10:30AM		ADULT 18+ 10:30AM	
SUMMER CAMP (7:30 A.M. – 6:00 P.M.) FIELD TRIPS / MARTIAL ARTS / ARTS & CRAFTS / FUN GAMES				
BEGINNER CHILDREN 4:00 – 4:45	BEGINNER CHILDREN 4:00 – 4:45	BEGINNER CHILDREN 4:00 – 4:45	BEGINNER CHILDREN 4:00 – 4:45	SPARRING 1 4:30 – 5:30
INTERMEDIATE CHILDREN 4:50 – 5:40	INTERMEDIATE CHILDREN 4:50 – 5:40	INT/ADV CHILDREN 4:50 – 5:40	INTERMEDIATE CHILDREN 4:50 – 5:40	
ADVANCED CHILDREN & ADULT 5:45 – 6:35	ADVANCED CHILDREN & ADULT 5:45 – 6:35	BLACK BELT  5:45 – 6:35	ADVANCED CHILDREN & ADULT 5:45 – 6:35	SPARRING 2 5:45 – 6:45
ADULT 6:45 – 7:45	ADULT 6:45 – 7:45	ADULT 6:45 – 7:45	ADULT 6:45 – 7:45	

BEGINNER: WHITE, YELLOW

INTERMEDIATE: ORANGE, GREEN, SR. GREEN, BLUE, SR. BLUE

ADVANCED: RED, SR. RED, DEPUTY, BLACK BELT