






CLASS SCHEDULE (AS OF AUGUST 10, 2022)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	ADULT 10:30AM		ADULT 10:30AM	
ADV/INT 3:30 – 4:15	ADV/INT 3:30 – 4:15	ADV/INT 2:35 – 3:25	ADV/INT 3:30 – 4:15	ASP 3:30 – 4:30
AFTER SCHOOL PROGRAM				
WHITE BELT CHILDREN 4:25 – 5:05	WHITE BELT CHILDREN 4:25 – 5:05	WHITE BELT CHILDREN 3:30 – 4:15	WHITE BELT CHILDREN 4:25 – 5:05	KIDS SPARRING 4:45 – 5:45 
BEGINNER CHILDREN 5:10 – 5:55	BEGINNER CHILDREN 5:10 – 5:55	BEGINNER CHILDREN 4:20 – 5:05	BEGINNER CHILDREN 5:10 – 5:55	
INTERMEDIATE CHILDREN 6:00 – 6:45	INTERMEDIATE CHILDREN 6:00 – 6:45	INT/ADV CHILDREN 5:10 – 6:00	INTERMEDIATE CHILDREN 6:00 – 6:45	SPARRING 6:00 – 7:00 
ADVANCED CHILDREN & ADULT 6:50 – 7:35	ADVANCED CHILDREN & ADULT 6:50 – 7:35	BLACK BELT  6:05 – 6:55	ADVANCED CHILDREN & ADULT 6:50 – 7:35	
ADULT 7:40 – 8:35	ADULT 7:40 – 8:35	ADULT 7:00 – 8:00	ADULT 7:40 – 8:35	

WHITE BELT

BEGINNER: YELLOW, ORANGE, GREEN

INTERMEDIATE: SR. GREEN, BLUE, SR. BLUE, RED

ADVANCED: SR. RED, DEPUTY, BLACK BELT