

Rank	Monday (A)	Tuesday (A)	Wednesday (B)	Thursday (B)	Friday (B)	Saturday (A/B)
LIL DRAGONS ALL RANKS (3 TO 4)	5:30-6:00pm	3:45-4:15pm	4:45-5:15pm			9:00-9:30am
RANGERS ALL RANKS (5 TO 6)	6:00-6:30pm	3:45-4:15pm	5:15-5:45pm		4:15-4:45pm	9:30-10:00am
YOUNG ADULTS W, Y, & O (6 TO 7)	4:45-5:30pm	4:15-5:00pm		4:30-5:15pm *BBC 5:15-5:30pm	4:45-5:30pm	10:00-10:45am
YOUNG ADULT W, Y, & O (8 TO 12)	4:45-5:30pm	5:00-5:45pm		5:30-6:15pm	4:45-5:30pm	10:00-10:45am
YOUNG ADULTS GREEN TO ADV BLUE	4:00-4:45pm	5:45-6:30pm		6:15-7:00pm		10:45-11:30am
YOUNG ADULT PURPLE TO BLACK	4:00-4:45pm	6:30-7:15pm		7:00-7:45pm		10:45-11:30am
TEENS AND ADULTS ALL RANKS	7:30-8:15pm	7:15-8:00pm		7:45-8:30pm *BBC 8:30-8:45pm		8:00-9:00am
YOUNG ADULTS BBC ALL RANKS			4:00-4:45pm		5:30-6:15pm	
KRAV-MAGA	6:30-7:30pm		6:30-7:30pm			8:00-9:00am
COMPETITION GROUP			5:45-6:30pm			
STAFF, SWAT & STORM TRAINING / MEETING		8:00pm				

- Please arrive 10-15 min. prior to class time
- Remove all jewelry prior to class
- Wear a complete and approved school uniform.
- Never disturb the class in session
- No food allowed in school

Full Uniform When it **Full Uniform Week!** T-shirt can be wear underneath the uniform.

Thursdays are **SPARRING** classes every week unless marked **Tip Test** on calendar !

Come to classes designated to your **belt color and age only.**

Book Your Child's Birthday Party Today

Ask about our Awesome Martial Arts Birthday Parties!
 Each 90 min. party includes all the paper goods, lots of games, pizza, juice, etc.

