

CLASS SCHEDULE

Champions: Ages 3 – 6 Years Old | Juniors: Ages 7 – 12 Years Old | Adults: Ages 13 – 80 Years Old

1. Students should attend at least 1 "A-Day" and 1 "B-Day" per week.
2. Basic students may attend a max of 3 classes per week.
3. Black Belt Club students may attend a max of 4 classes per week.
4. Master's Club students may attend a max of 5 classes per week.
5. Students in Black Belt Club + should bring their bag to every class.
6. Private Lessons may be booked by speaking to any staff member.
7. Every time you refer a student to our program, you'll get \$50 on us!
8. New students may only come to Basic/ White-Yellow Belt classes.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
A Day		A Day		B Day		B Day		B Day		A Day	
		ADULT All Belts (12:00-1:00pm)				ADULT All Belts (12:00-1:00pm)					
Private Lessons (3:00 – 4:00pm)		Private Lessons (3:00 – 4:00pm)		Private Lessons (3:00 – 4:00pm)		Private Lessons (3:00 – 4:00pm)		Private Lessons (3:00 – 4:15pm)		BLACK BELT TEST PREP For Candidates Only (8:00 – 8:45am)	
ALL CHAMPIONS (4:15 – 4:45pm)		JUNIOR Green St. – Red Stripe (4:15 – 5:00pm)		ALL CHAMPIONS (4:15 – 4:45pm)		JUNIOR Green St. – Red Stripe (4:15 – 5:00pm)		JUNIOR White to Yellow Belt (4:30 – 5:15pm)	JUNIOR Green St – Red Stripe (4:30 – 5:15pm)	CHAMPIONS BBC (9:00 – 9:30am)	ADULT Colored Belts (9:00 – 9:45am)
JUNIOR White to Yellow Belt (5:00 – 5:45pm)		ALL CHAMPIONS (5:15 – 5:45pm)		JUNIOR White to Yellow Belt (5:00 – 5:45pm)		ALL CHAMPIONS (5:15 – 5:45pm)		JUNIOR Red – Black Belt (5:30 – 6:15pm)		JUNIOR Red-Black Belt (9:45 – 10:30am)	ADULT Black Belt+ (10:00 – 10:45am)
JUNIOR Green St. – Red Stripe (6:00 – 6:45pm)		JUNIOR Red – Black Belt (6:00 – 6:45pm)		JUNIOR Green St. – Red Stripe (6:00 – 6:45pm)		JUNIOR Red – Black Belt (6:00 – 6:45pm)		STORM TEAM (Invitation Only) (6:15 – 7:00)		JUNIOR Green St. – Red Stripe (10:45 – 11:30am)	Private Lessons (11:00 – 12:30pm)
JUNIOR Red – Black Belt (7:00 – 7:45pm)		JUNIOR White to Yellow Belt (7:00 – 7:45pm)		JUNIOR Red – Black Belt (7:00 – 7:45pm)		JUNIOR White to Yellow Belt (7:00 – 7:45pm)		Reserved for: STAFF / SWAT Training, Parent's Night Out Events, and Seminars		JUNIOR White to Yellow Belt (11:45 – 12:30pm)	
ADULT All Belts (8:00 – 9:00pm)		ADULT All Belts (8:00 – 9:00pm)		ADULT All Belts (8:00 – 9:00pm)		ADULT All Belts (8:00 – 9:00pm)				Reserved for: Private Lessons, Birthday Parties, and Seminars	