



# TRAINING SCHEDULE



[ProfessionalBlackBeltAcademy.com](http://ProfessionalBlackBeltAcademy.com) (469) 296-8195

Starts 8/7

TEAM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 After-School Program	3:30 - 4:00	3:30 - 4:00	3:30 - 4:00	3:30 - 4:00	3:30 - 4:00	
 Beginner	4:00 - 4:30	4:30 - 5:00	4:00 - 4:30	4:30 - 5:00		9:15 - 9:45
 Advanced		4:00 - 4:30	4:30 - 5:00	4:00 - 4:30	4:00 - 4:30	9:15 - 9:45
 White-Yellow Belts	5:15 - 6:00		5:45 - 6:30	6:30 - 7:15	4:30 - 5:15	9:45 - 10:30
 Green Belts		5:00 - 5:45	6:30 - 7:15	5:45 - 6:30	5:15 - 6:00	10:30 - 11:15
 Blue Belts	4:30 - 5:15	6:30 - 7:15		5:45 - 6:30	5:15 - 6:00	10:30 - 11:15
 Red & Brown Belts	6:45 - 7:30	5:45 - 6:30	5:00 - 5:45		5:15 - 6:00	10:30 - 11:15
 Adult & Teen	6:00 - 6:45	5:45 - 6:30	5:00 - 5:45	5:00 - 5:45		10:30 - 11:15
 COMP TEAM	7:30 - 8:30	7:15 - 8:15	7:15 - 8:15	7:15 - 8:15		8:30 - 9:15
					6:30 - 7:15 1st & 3rd Friday	

Schedule subject to change.

**1180 E Prosper Trail Suite 40  
Prosper, TX 75078  
(469) 296 - 8195**

