

Fall/Winter/Spring Schedule 2023-4

Starting September 5th, 2023 (rev-0)



PRO[®]
MARTIAL ARTS

Building Character For A Lifetime.™

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:00 - 4:25 LITTLE RHINOs	4:00 - 4:25 LITTLE RHINOs	4:00 - 4:25 LITTLE RHINOs	4:00 - 4:25 LITTLE RHINOs		10:00 - 10:40 BASIC OPEN
4:30 - 5:10 BASIC OPEN	4:30 - 5:20 LEADERSHIP-Beginner (Orange to Green Rank)	4:30 - 5:10 BASIC OPEN	4:30 - 5:20 LEADERSHIP-Beginner (Orange to Green Rank)		10:45 - 11:35 LEADERSHIP-Beginner (Orange to Green Rank)
5:15 - 5:40 ARMOR	5:30 - 6:20 LEADERSHIP-Advance (Gr Adv and Above Rank)	5:15 - 6:05 LEADERSHIP-Advance (Gr Adv and Above Rank)	5:25 - 5:45 BELT REVIEW		11:45 - 12:25 BASIC OPEN
5:45 - 6:25 BASIC OPEN	6:30 - 7:10 BASIC OPEN	6:10 - 6:45 MASTERS *	5:50 - 6:30 BASIC OPEN		12:30 - 1:20 LEADERSHIP-Advance (Gr Adv and Above Rank)
6:30 - 7:20 LEADERSHIP OPEN (All Leadership Levels)		6:50 - 7:30 BASIC OPEN	6:35 - 7:25 LEADERSHIP OPEN (All Leadership Levels)		1:25 - 2:00 MASTERS *
7:25 - 8:00 MASTERS *	KRAV L1 / FITNESS 7:30 - 8:30	KRAV Level-2 7:35 - 8:30	KRAV L1 / FITNESS 7:30 - 8:30		
Little Rhino	3 to 5 yrs old. Focus on introduction to martial arts, motor skills and training structure.				
Basic Open	5 yrs and up. Focus on introduction to martial arts, curriculum and personal development.				
Leadership-Beginner	Orange to Green level curriculum. Introduction to sparring and the Bo Staff.				
Leadership-Advance	Green-Adv and above curriculum. Higher level sparring and varied weapons training.				
Leadership Open	All levels of leadership. Curriculum appropriate to rank level attending.				
Masters *	Introduction of personal self-defense and higher level weapons training.				
Armor	Anti-Bully program discussing bully awareness and how to be a stronger individual				
Belt Review	For evaluation of students preparing for the monthly belt promotion test				
Krav / Fitness	Adult Self-Defense and fitness training				

*** Note: Master Students must attend the preceding Leadership class. Any exceptions must be authorized by Mr. Stencel.**