



CHOZEN MARTIAL ARTS ACADEMY
Building Balanced Lives

670 Arrow Hwy. La Verne, Ca 91750 Bus: 909-599-7511 www.Chozenmaa.com

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY Sparring Day	FRIDAY	SATURDAY
Chozen Tigers		3:20-3:50	6:30-7:00	3:20-3:50 No Sparring	3:20-3:50	10:00am - 10:30am
Karate White	3:20-3:50	6:30-7:00	6:30-7pm	4:00-4:30 No Sparring		10:00am - 10:30am
Karate Level 1	4:00-4:45	5:50-6:30	4:00-4:45	4:00-4:45 4:55-5:40 5:50-6:30	4:00-4:45	10:30am - 11am
Karate Level 2	4:55-5:40	4:55-5:40	4:00-4:45	4:00-4:45 4:55-5:40 5:50-6:30		10:30am - 11am
Karate Level 3	5:50-6:30	4:55-5:40	4:55-5:40	4:00-4:45 4:55-5:40 5:50-6:30		10:30am - 11am
Karate Level 4		5:50-6:30	5:50-6:30	4:00-4:45 4:55-5:40 5:50-6:30		Sparring Yellow-Black 11:00am
Black Belts & Specialty Classes	Black Belts 5:50-6:30	Leadership 4:00 - 4:45pm			Black Belts 4:00-4:45 Demo Team 6:00 - 8:00	
Kids & Adults BJJ	Kids BJJ 4:00-5:00 Adults BJJ 6:30-8:00		Kids BJJ 5:00-6:00 Adults BJJ 7:00-8:00		Adults/ Kids BJJ 5:00-6:30	Adults/ Kids BJJ 10am
Teens Karate Teens Krav Maga	Krav Teens 5:00-5:45pm Beg. Karate Teens 6:30-7:15	All Karate Teens 7:15-8:00	Krav Teens 5:50-6:30 All Karate Teens 7:15-8:00	Krav Teens 6:30-7:15 Teens Sparring 7:15-8:15		
Krav Maga	7pm - 8pm	9am - 10am 7pm - 8pm	Sr. Krav Maga 9am	9am - 10am 7pm - 8pm	Sr. Krav Maga 9am	9am -10am

- ☉ Tiny Tigers 3yrs. - 6yrs.
- ☉ White Belt 6yrs. - Up
- ☉ Level 1: Yellow, Master Yellow & Orange Belts
- ☉ Level 2: Master Orange, Purple, Master Purple & Blue Belts
- ☉ Level 3: Master Blue, Green, Master Green & Brown Belts
- ☉ Level 4: Master Brown & Red Belts
- ☉ Teens Karate: White- Red Belts 12-17yrs.
- ☉ Krav Maga: White- Black Belts 16yrs. - Up. / Teens 12-15yrs. /Sr. 60-up