

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)		All ADULTS (9:00 – 9:45am)
Private Lessons (3:30 – 4:00pm)	Private Lessons (3:30 – 4:00pm)	Private Lessons (3:30 – 4:00pm)	Private Lessons (3:30 – 4:00pm)	Private Lessons (3:30 – 4:00pm)	
CHAMPIONS (4:15 – 4:45pm) +10 min for BBC	JUNIORS Green St. – Red Stripe (4:15 – 5:00pm)	CHAMPIONS (4:15 – 4:45pm) +10 min for BBC	JUNIORS Green St. & Up (4:15 – 5:00pm)	BLACK BELT TEST PREP For Candidates Only (5:00 – 5:45pm)	CHAMPIONS BBC (10:00am-10:30am)
JUNIORS White to Yellow Belt (5:00 – 5:45pm)	CHAMPIONS (5:15 – 5:45pm) +10 min for BBC	JUNIOR White to Yellow Belt (5:00 – 5:45pm)	CHAMPIONS (5:15 – 5:45pm) +10 min for BBC	Leadership/ Demo Team Invitation Only (6:00 – 7:30pm)	JUNIORS Green Stripe & Up (10:45 – 11:30am)
JUNIORS Green St. – Red Stripe (6:00 – 6:45pm)	JUNIORS Red – Black Belt (6:00 – 6:45pm)	JUNIORS Green St. – Red Stripe (6:00 – 6:45pm)	JUNIORS Red – Black Belt (6:00 – 6:45pm)		
JUNIORS Red – Black Belt (7:00 – 7:45pm)	JUNIORS White to Yellow Belt (7:00 – 7:45pm)	JUNIORS Red – Black Belt (7:00 – 7:45pm)	JUNIORS White to Yellow Belt (7:00 – 7:45pm)		JUNIORS White to Yellow Belt (11:45 – 12:30pm)
ADULTS (7:45 – 8:30pm) +15 min for MC	ADULTS (8:00 – 8:45pm) +15 min for BBC	ADULTS (7:45 – 8:30pm) +15 min for BBC/MC	ADULTS (8:00 – 8:45pm) +15 min for BBC/MC	Reserved for Parent's Night Out Events, Buddy Night Events, and Specialty Team Training	Reserved for Private Lessons, Birthday Parties, Pizza Parties, and Special Seminars