

Monday

Studio A	Studio B
4:00-5:00 Beginner Tumbling	4:15-5:00 Knee High Ninjas
5:00-6:00 Beginner Forms (9yrs & under)	5:00-5:45 Trad Katas I/II HIIT Class
6:00-7:00 XMA II	6:00-7:00 Beg/Int Sparring
7:00-8:00 Intermediate Forms (10yrs & up)	7:00-8:00 Black Belt Sparring
8:00-9:00 Int II Tumbling	8:00-9:00 Black Belt Class

Wednesday

Studio A	Studio B
4:30-5:30 Beginner Tumbling	4:00-5:00 Intermediate Forms (9yrs & under)
5:30-6:30 Int II/Adv Tumbling#	5:00-6:00 Beg/Int Sparring
6:30-7:30 Beg/Int Forms (10yrs & up)	6:00-7:00 Advanced Sparring
7:30-8:30 Black Belt Class	7:00-8:00 Advanced Forms

Tuesday

Studio A	Studio B
4:15-5:00 Knee High Ninjas	4:30-5:30 XMA I/II
5:00-6:00 Int I Tumbling	5:30-6:15 Sparring Drills
6:00-7:00 Beginner Forms (all ages)	6:15-7:00 HIIT Class (11yrs & up)
7:00-8:00 Intermediate Forms	7:00-8:00 Advanced Sparring
8:00-9:00 Advanced Forms	8:00-9:00 Trad Katas I/II

Thursday

Studio A	Studio B
4:15-5:00 Knee High Ninjas	4:00-5:00 Beg Forms (9 & under)
5:15-6:00 Beginner Sparring (ages 4-8yrs)	5:00-6:00 Intermediate Forms (9yrs & under)
6:00-7:00 Advanced Tumbling	6:00-7:00 All Ranks Sparring
7:00-8:00 Intermediate Forms (10yrs & up)	7:00-8:00 Advanced Forms

Friday

Studio A	Studio B
5:00-6:00 Int I Tumbling	4:00—8:00 TEAM
6:00-7:00 Int II Tumbling	TEAM

Saturday

Studio A	Studio B
9:15-10:00 Knee High Ninjas	9:00-10:00 TEAM Class
10:00-11:00 Beginner/ Intermediate Forms	10:00-11:00 TEAM Class
11:00-12:00 Advanced Forms	11:00-12:00 TEAM+ Sparring

+Advanced Spar students may use to makeup
#Intermediate II students by invitation

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