



WestWind Schedule • Midvale

Class	(A) MONDAY	(A) TUESDAY	(A) FRIDAY	(B) WEDNESDAY	(B) THURSDAY	(B) SATURDAY	Class
INTRO	3:30 / 7:00	4:30 / 5:15		3:30 / 7:00	4:30 / 5:15	10:30	INTRO
WHITE	6:00- 6:45	7:15- 8:00	5:00-5:45 <i>Sandy</i>	6:00- 6:45	7:15- 8:00	11:00 -11:45	WHITE
YELLOW ORANGE	5:15- 6:00 6:45- 7:30	8:00- 8:45	5:00-5:45 <i>Sandy</i>	5:15- 6:00 6:45- 7:30	8:00- 8:45	11:00 -11:45	YELLOW ORANGE
PURPLE BLUE	7:30- 8:15	4:30- 5:15	5:00-5:45 <i>Sandy</i>	7:30- 8:15	4:30- 5:15	11:00 -11:45	PURPLE BLUE
GREEN thru BLACK	8:15- 9:00	5:15- 6:00	5:00-5:45 <i>Sandy</i>	8:15- 9:00	5:15- 6:00	11:00 -11:45	GREEN thru BLACK
BLACK		8:45- 9:45			8:30- 9:30 <i>Sandy</i>		BLACK
EARLY SKILLS <i>ALL RANKS</i>	4:45- 5:15	6:00- 6:30	(A/B) 4:00- 4:30 <i>Kearns</i>	4:45- 5:15	6:00- 6:30		EARLY SKILLS <i>ALL RANKS</i>
BASIC SKILLS <i>ALL RANKS</i>	4:00- 4:45 6:00- 6:45	6:30- 7:15	(A/B) 4:30- 5:15 <i>Kearns</i>	4:00- 4:45 6:00- 6:45	6:30- 7:15		BASIC SKILLS <i>ALL RANKS</i>
SPARRING			4:00 - 5:00 <i>Sandy</i>			11:45 -12:30	SPARRING
ADULTS <i>16 yrs +</i>			5:00-5:45 <i>Sandy</i>				ADULTS <i>16 yrs +</i>
S.W.A.T. S.T.O.R.M.			First week @ M 2-5 weeks @ S/ K				S.W.A.T. S.T.O.R.M.

Students are expected to:

1. Arrive promptly on time scheduled classes.
2. Attend one "A" & "B" day per week.
3. Check in for attendance.
4. Keep uniforms neat, clean & odor-free.
5. Quietly prepare for class. Do not disturb class in session.
6. Always show respect to your instructors & fellow students.
7. Students & guests should always be well mannered & behave properly.
8. Attend classes on a consistent schedule.
9. Make arrangements with instructors for make up classes.
10. Show proper effort & spirit in the classroom.
11. Practice & exercise at home for better results.
12. Memorize & apply Student Creed.
13. Develop & maintain a positive, well disciplined attitude.

A Days- Teq/Katas • B Days- Reaction

Last updated: January 2025