



TRAINING SCHEDULE



ProBlackBeltAcademy.com

(469)481-2782

TEAM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Leadership After School Program	3:30 - 4:00	3:30 - 4:00	3:30 - 4:00	3:30 - 4:00	3:30 - 4:00	
 Warriors Beginner		4:00 - 4:30	4:30 - 5:00	4:00 - 4:30	4:00 - 4:30	9:00 - 9:30
 Warriors Advanced		4:30 - 5:00	4:00 - 4:30	5:15 - 5:45	4:30 - 5:00	9:00 - 9:30
 Gladiators Beginner White Belts	4:00 - 4:45	5:00 - 5:45		4:30 - 5:15	5:00 - 5:45	9:30 - 10:15
 Gladiators Yellow Belts	4:45 - 5:30	5:00 - 5:45		5:45 - 6:30	5:00 - 5:45	9:30 - 10:15
 Spartans Green Belts	5:30 - 6:15	6:30 - 7:15	5:00 - 5:45	6:30 - 7:15		10:15 - 11:00
 Spartans Blue Belts	6:15 - 7:00	6:30 - 7:15	5:45 - 6:30	6:30 - 7:15		11:00 - 11:45
 Titans Red Belts	7:00 - 7:45	5:45 - 6:30	6:30 - 7:15		5:45 - 6:30	11:45 - 12:30
 Titans Brown Belts	7:00 - 7:45	5:45 - 6:30	6:30 - 7:15		5:45 - 6:30	11:45 - 12:30
 Blackbelt	7:00 - 7:45	5:45 - 6:30	7:15 - 8:00		6:30 - 7:15	11:45 - 12:30
Adult & Teen Ages 13+	7:45 - 8:30	7:15 - 8:00	8:00 - 8:45	7:15 - 8:00		12:30 - 1:15

*Schedule subject to change.