



Schedule of Classes

Beginning AUGUST 4th

Tuesday:

4:20 – 4:50pm – 4/5 Year Old – All Belts

5:00 – 5:40pm – 6-11 year old – Beginner to Yellow Belt

5:45 – 6:25pm - 6-11 year old – Green Stripe Belt and Up

6:45pm -7:35 - Junior and Adult class [12 Years Old and Up]

7:45pm – Leadership Training on the first Tuesday of each month

Wednesday:

5:00 – 5:40pm - 6- 11 year olds - All Beginners through Yellow Belt

5:45 – 6:25pm – 6-11 year olds -Green Stripe Belt and Up

6:45 – 7:35pm - Junior and Adult class [12 Years Old and Up]

Thursday –

4:20 – 4:50pm – 4/5 year olds – All Beginners through Yellow Belt

5:00 – 5:40pm – 6- 11 year olds - All Beginners through Yellow Belt

Sparring and Forms Class – *Come in with equipment on!

4/5 Year Olds – Green Stripe and Up – 5:45 – 6:15pm

6, 7 and 8 Year Olds – 5:45 – 6:30pm *speak with us about siblings

9, 10, and 11 Year Olds -6:15 – 6:55pm

12 and up – 6:45 – 7:35pm

Saturday

9:30 -10:00am – Tigers - 2 year olds

10:10 – 10:40am -Tigers - 3 year olds

10:50 – 11:20am - 4/5 Year Olds – All Belts

** Please note Holiday Classes/ NO Classes in November and December*

4/5 Year Old Holiday Schedule – There are NO Saturday Classes from November 21st through the new year. There will however be a Wednesday Class added those weeks at 4:20pm – Wednesdays – DECEMBER 2nd / 9th / and 16th!!!