



Class Schedule

Effective September 4, 2018

Mighty Lions

(ages 4-6)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Beginners (white & yellow stripe)	3:45-4:15 5:05-5:35	3:45-4:15 5:05-5:35	3:45-4:15 5:05-5:35	3:45-4:15 5:05-5:35	3:45-4:15 5:05-5:35	9:00-9:30 9:45-10:15
Advanced (green, blue & red stripe)	4:20-5:00 5:05-5:35	4:20-5:00 5:05-5:35	4:20-5:00 5:05-5:35	4:20-5:00 5:05-5:35	4:20-5:00 5:05-5:35	9:45-10:15 10:20-11:05

Juniors

(age 7-14)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White & Yellow Belts	4:00-4:45 6:00-6:55 7:00-7:45	4:00-4:45 6:00-6:55 7:00-7:45	4:00-4:45 6:00-6:55 7:00-7:45	4:00-4:45 6:00-6:55 7:00-7:45	4:00-4:45 6:00-6:55 7:00-7:45	9:15-10:00 10:15-11:00 11:15-12:00
Green & Blue Belts	4:55-5:55 6:00-6:55 7:00-7:45	4:55-5:55 6:00-6:55 7:00-7:45	4:55-5:55 6:00-6:55 7:00-7:45	4:55-5:55 6:00-6:55 7:00-7:45	4:55-5:55 6:00-6:55 7:00-7:45	9:15-10:00 10:15-11:00 11:15-12:00
Red & Black Belts	5:50-6:35 6:00-6:55 7:00-7:45	5:50-6:35 6:00-6:55 7:00-7:45	5:50-6:35 6:00-6:55 7:00-7:45	5:50-6:35 6:00-6:55 7:00-7:45	5:50-6:35 6:00-6:55 7:00-7:45	9:15-10:00 10:15-11:00 11:15-12:00
Junior Black Belts				6:45-7:30 7:45-8:30		
Adults & Juniors	7:00-7:45	7:00-7:45	7:00-7:45	7:00-7:45	7:00-7:45	9:15-10:00 10:15-11:00 11:15-12:00

Classes in **red** are sparring/sparring skills for all levels.

Adults

(age 15 & up)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Adults, All Belts	7:00-7:45pm 7:45-8:30pm	9:00-9:45am 7:00-7:45pm 7:45-8:30pm	7:00-7:45pm 7:45-8:30pm	9:00-9:45am 7:00-7:45pm	9:00-9:45am 12:00-12:45pm 7:00-7:45pm	9:15-10:00 10:15-11:00 11:15-12:00
Adult Black Belts				6:45-7:30 7:45-8:30		
Adults & Juniors	7:00-7:45	7:00-7:45	7:00-7:45	7:00-7:45	7:00-7:45	9:15-10:00 10:15-11:00 11:15-12:00

Classes in **red** are sparring/sparring skills for all levels.