

Tuesday	Wednesday	Thursday	Saturday	Sunday
4 – 4:45pm JUNIORS CLASS	5 – 5:45pm KIDS CLASS	4 – 4:45pm JUNIORS CLASS	9 – 9:45am KIDS CLASS	10am – 12pm INSTRUCTOR TRAINING
4:45 – 5:30pm JUNIORS SPARRING & WEAPONS	5:45 – 6pm KIDS WEAPONS	4:45 – 5:30pm JUNIORS SPARRING & WEAPONS	9:45 – 10am KIDS WEAPONS	
5:30 – 6:15pm JUNIORS CLASS		5:30 – 6:15pm JUNIORS CLASS	10 – 11am MIXED BEGINNER CLASS	
6:15 – 7:15pm ADULTS ADVANCED CLASS		6:15 – 7:15pm ADULTS ADVANCED CLASS	11 – 11:45am MIXED SPARRING & WEAPONS	
7:15 – 8pm ADULTS SPARRING & WEAPONS		7:15 – 8pm ADULTS SPARRING & WEAPONS	11:45 – 12:45am MIXED ADVANCED CLASS	
8 – 9pm ADULTS BEGINNERS CLASS		8 – 9pm ADULTS BEGINNERS CLASS		

***Beginner:** White to Blue Belt ***Advanced:** Red to Black Belt

***KIDS:** ages 5 – 7 ***JUNIORS:** ages 8 – 12 ***ADULTS:** 13+ ***Mixed:** Juniors & Adults