



STUDENT CLASS SCHEDULE

Effective Monday August 29, 2022

CUBS: AGES 3 - 4

TIGERS: AGES 4 - 6

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cubs 3-4 years old						10:00- 10:30a	
Tigers 4-6 years old	4:50- 5:20p	4:55- 5:25p	3:45- 4:15p	4:00- 4:30p	5:30- 6:00p	10:45- 11:15a	

YOUTH: AGES 7 - 12

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
White Belt Kids	4:00- 4:45p	5:30- 6:15p		6:15- 7:00p	4:45- 5:30p	12:10p- 12:55p	
Youth Kids Yellow Belts & above	5:25- 6:10p	4:00- 4:45p	4:20- 5:05p	5:25- 6:10p	4:00- 4:45p	11:20a- 12:05p	11:30a-12:15p

PRE-TEENS: AGES 11+

TEENS/ ADULTS: AGES 13+

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pre-Teens (All Ranks)	6:15- 7:00p		6:00- 6:45p		6:05- 6:50p	9:00- 9:45a	11:30a- 12:15p
Teen/ Adults (All Ranks)		6:20- 7:10p		7:05- 7:50p	6:05- 6:50p	9:00- 9:45a	11:30a- 12:15p

BLACK BELTS – 1st Degree & Up

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Black Belts 1 st Degree & up			6:50- 7:40p			

SPARRING

LEADERSHIP

BLACK BELT EXPERIENCE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sparring & Filipino MA		FMA 8:00- 8:45p	LVL 2 5:10- 5:55p	LVL 2 4:35- 5:20p	LVL 2 7:00- 7:45p	
Leadership			7:50- 8:30p (Black Belt Invite only)		4:45- 5:30p	10:00- 10:40a
BBE		Prep 7:15- 8:00p			LVL 2 & 3 7:00- 8:30p	Endurance 7:30- 8:30a

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