



STUDENT CLASS SCHEDULE

Effective May 2024

AGES 3-6

	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	4:50- 5:20p	3:45- 4:15p	4:00- 4:30p	5:40- 6:10p	10:45- 11:15a	

AGES 7-11

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beginners White & Yellow Belt	4:00- 4:45p	5:25- 6:10p	6:50-7:35p	6:15- 7:00p	4:50- 5:35p	11:20a- 12:05p	
Intermed/Adv Orange Belt & up	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 All Ages Class

AGES 12+

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Teen Age 12 and up	6:15- 7:00p	6:15- 7:00p	6:00- 6:45p		6:15- 7:00p Teen/Adult	9:00- 9:45a Teen/Adult	11:30a- 12:15p All Ages Class
Adult Age 15 and up		7:05- 7:50p		7:05- 7:50p	6:15- 7:00p Teen/Adult	9:00- 9:45a Teen/Adult	11:30a- 12:15p All Ages Class

BLACK BELTS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BB Experience Brown/Black Belt					Sparring 7:05 – 8:30p	Endurance 8:00am	
Black Belt Student Black & up	Honors BB 7:05- 7:55		BB Class 7:40- 8:25		Sparring 7:05 – 8:30p		

ADDITIONAL CLASSES (Attending Sparring and/or Leadership requires a 2-class per week membership)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sparring Orange Belt & up		Level 3 & 4 8:00- 8:45p	Level 2 5:10- 5:55p	Level 1 4:35- 5:20p	Level 3 & 4 7:05- 7:50p	Level 1 & 2 12:10- 12:55p	
Leadership	8:00-8:45p BB Staff				4:50-5:35p Leadership		
Extras		Filipino MA 6:15- 7:00p		Demo (invite only) 7:55- 9:00p		Fitness 8:00– 8:45a	Fitness 10:00- 11:00a

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