






CLASS SCHEDULE (AS OF JANUARY 2025)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	ADULT 9:45 AM		ADULT 9:45 AM	
ADV/INT 3:45 – 4:35	ADV/INT 3:45 – 4:35	ADV/INT 2:45 – 3:35	ADV/INT 3:45 – 4:35	ASP 3:40 – 4:40
AFTER SCHOOL PROGRAM				
BEGINNER CHILDREN 4:40 – 5:25	BEGINNER CHILDREN 4:40 – 5:25	BEGINNER CHILDREN 3:45 – 4:30	BEGINNER CHILDREN 4:40 – 5:25	SPARRING 1 4:50 – 5:50
INTERMEDIATE CHILDREN 5:30 – 6:15	INTERMEDIATE CHILDREN 5:30 – 6:15	INT/ADV CHILDREN & ADULT 4:35 – 5:25	INTERMEDIATE CHILDREN 5:30 – 6:15	
ADVANCED CHILDREN & ADULT 6:20 – 7:10	ADVANCED CHILDREN & ADULT 6:20 – 7:10	BLACK BELT  5:30 – 6:15	ADVANCED CHILDREN & ADULT 6:20 – 7:10	SPARRING 2 6:00 – 7:00
ADULT 7:15 – 8:10	ADULT 7:15 – 8:10	ADULT 6:20 – 7:20	ADULT 7:15 – 8:10	

BEGINNER: WHITE, YELLOW, ORANGE

INTERMEDIATE: GREEN, SR. GREEN, BLUE, SR. BLUE

ADVANCED: RED, SR. RED, DEPUTY, BLACK BELT