

CHILDREN	BELT	Monday (PM)	Tuesday (PM)	Wednesday (PM)	Thursday (PM)	Friday (PM)	Saturday (AM)
	White (4-12 years old)	4:00-4:45	5:30-6:15	6:15-7:00*	7:00-7:45		9:00-9:45
	Yellow-Orange	4:45-5:30	4:45-5:30			Sparring	
	Green-Blue		4:00-4:45	All belts	6:15-7:00		4:45-5:30
	Purple-Brown	5:30-6:15			5:30-6:15	5:30-6:15	Sparring All belts
	Brown\Black-Red\Black	6:15-7:00		5:30K & 6:15S		6:15-7:00	
	Jr. Black		6:15-7:00				
	Teens						

ADULTS (PM)	White&Teens	7:00-7:45	7:00-7:45		8:30-9:15		10:30-11:15 Kata All Belts
	Yellow-Orange			7:45-8:30		7:45-8:30	
	Green-Blue	8:30-9:15	7:00-7:45 Kata		7:45-8:30* Spar		
	Purple-Brown		8:30-9:15	7:45-8:30* Spar		8:30-9:15**	8:30-9:15
	Brown\Bl-Black	8:30-9:15			7:45-8:30* Spar		
	Black		8:30-9:15	7:00-7:45			

* Sparring Class

**Adult Open Workout

Teen class is for colored belts ages 11-15

(A.M.) Days Adults	Tuesday	Thursday	Saturday
White	11:30-12:15	11:30-12:15	10:30-11:15
Yellow-Orange			11:15-12:00*
Green-Black	12:15-1:00	12:15-1:00	All Belts

Weapons	Saturday (Children and Adults) No Weapons Class on Belt Grading Days	Friday (Adults)
Beginner	12-12:30	7:00-7:45
Intermediate	12:30-1:00	7:00-7:45
Advanced	12:30-1:00	7:00-7:45

SCHOOL REQUIREMENTS
1. Please arrive 10 minutes before class, place shoes neatly on shoe rack, pull your card, and sit quietly.
2. Keep uniform neat, clean and odor free.
3. Proper effort and spirit should always be shown in class. Memorize and apply the STUDENT CREED .
4. Practice and exercise at home will give better results.
5. Always answer, "YES, SENSEI!!!!!!"
6. If you will be out of class for a week please notify the office.
7. To assure proper progress please attend class at least twice a week.
8. Students and Guests should always be well mannered and behave properly.

Refer your friends – Earn \$\$\$ rewards! Ask at the office for details!