

ADULTS (P.M.)

BELT	Monday (PM)	Tuesday (PM)	Wednesday (PM)	Thursday (PM)	Friday (PM)	Saturday (AM)
White Belt/ Teens	7:00-7:45	7:00-7:45	X	7:00-7:45	X	10:30-11:15
Yellow/Orange	7:00 -7:45	7:00 -7:45	7:45-8:30 S	7:00 -7:45	X	10:30-11:15 11:15-12:00 S
Green/Blue/ Purple/Jr. Black	7:45-8:30	7:45-8:30	7:00-7:45 7:45-8:30 S	7:45-8:30	X	10:30-11:15 11:15-12:00 S
Brown Brown/Black Red/Black	8:30-9:15	8:30-9:30	7:00-7:45 7:45-8:30 S	8:30-9:15	X	10:30-11:15 11:15-12:00 S
Black	8:30-9:15	8:30-9:15	7:00-7:45 7:45-8:30 S	8:30-9:15	7:00-7:45	10:30-11:15 11:15-12:00 S

ADULTS (A.M.)

Green-Black	X	11:30-1:00	X	11:30-1:00	X	10:30-11:15 11:15-12:00 S
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S~Adult Sparring Classes