

ADULTS (P.M.)

| BELT | Monday (PM) | Tuesday (PM) | Wednesday (PM) | Thursday (PM) | Friday (PM) | Saturday (AM) |
|--|----------------|-----------------|--------------------------|------------------|----------------|------------------------------|
| White Belt/ Teens | 7:45-8:30 | 7:00-7:45 | X | 7:00-7:45 | X | 10:30-11:15 |
| Yellow/Orange | 7:45-8:30 | 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 | 7:00-7:45 | 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 | 7:00-7:45 | 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 | 7:00-7:45 | 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.)

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|----------------------------|---|-------------|---|-------------|---|------------------------------|
| White/Yellow/Orange | X | 11:30-12:15 | X | 11:30-12:15 | X | 10:30-11:15 11:15-12:00 S |
| Green-Black | X | 11:30-1:00 | X | 11:30-1:00 | X | 10:30-11:15 11:15-12:00 S |

S~Adult Sparring Classes