

ADULTS (P.M.)

BELT	Monday (PM)	Tuesday (PM)	Wednesday (PM)	Thursday (PM)	Friday (PM)	Saturday (AM)
White Belt/ Teens		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	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.)

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