

### JUNIORS: AGES 4 - 6

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Junior Cubs</b> All Ranks	2:45-3:15 + 5:50-6:20	4:10-4:40	2:45-3:15 + 6:40-7:10	4:10-4:40	5:00-5:30	12:05-12:35	10:55-11:25

### YOUTH: AGES 7 - 12

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>White Belt Kids</b>	3:20-4:05	5:35-6:20	3:20-4:05	5:35-6:20	4:10-4:55	1:30-2:15 + Stripe Makeup Class 2:20-2:50	11:30-12:15

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Beginners</b> Yellow & Orange Belts	4:10-4:55	3:20-4:05 + 6:25-7:10	4:10-4:55	3:20-4:05 + 6:25-7:10	4:10-4:55 + 5:35-6:20	11:15-12:00 + 1:30-2:15 + Stripe Makeup + Tester Belt Class 2:20-2:50	11:30-12:15

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Intermediates</b> Purple & Blue Belts	5:00-5:45	4:45-5:30	5:50-6:35	4:45-5:30	3:20-4:05 + 6:25-7:10	12:40-1:25 + Stripe Makeup + Tester Belt Class 2:50-3:20	1:10-1:55

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Advanced</b> Green - Student BB	5:00-5:45	4:45-5:30	5:00-5:45	4:45-5:30	6:25-7:10	10:25-11:10 + BB Prep Class 8:30-9:20a	12:20-1:05 + Stripe Makeup + Tester Belt Class 9:25-9:55a



### TEENS & ADULTS: AGES 13 & UP

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>White Belts</b>		7:15-8:05		7:15-8:05		9:30-10:20 + Stripe Makeup Class 2:20-2:50	
<b>Beg – Int Levels</b> Yellow – Adv. Blue		7:15-8:05		7:15-8:05		9:30-10:20 + Stripe Makeup + Tester Belt Class 2:50-3:20	10:00-10:50
<b>Adv Levels</b> Green – Student BB			7:15-8:05		7:15-8:05	9:30-10:20 + BB Prep Class 8:30-9:20a	10:00-10:50 + Stripe Makeup + Tester Belt Class 9:25-9:55a
<b>Black Belts</b> 1 <sup>st</sup> Degree & Up		8:10-9:00	7:15-8:05		7:15-8:05	10:25-11:10	10:00-10:50 + Stripe Makeup Class 9:25-9:55a

### SPECIALTY CLASSES:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Stripe Makeup + Tester Belt Classes</b>						White – Beg. Tester Belts 2:20-2:50 Purple – Int. Tester Belts 2:50-3:20	Green – Black Belt 9:25-9:55a
<b>Black Belt Prep Class</b> (Adv Brown & Up)						8:30-9:20a	
<b>Sparring Class</b> (Purple Belt & up)					8:10-9:00		8:30-9:20a Wks 1 & 3
<b>Demo Practice</b> (Invite Only)							8:30-9:20a Wks 2 & 4
<b>Leadership Program</b> (Invite Only)						3:30-5:00 1 <sup>st</sup> Saturday of the Month	