

Monday Curriculum Class-Rank	Tuesday Curriculum Class-Rank	Wednesday Theme Day-Program	Thursday Theme Day-Program	Friday Specialty-BBC	Saturday Specialty-BBC
Pick one of these days to attend for learning your curriculum		Pick one of these days to attend for a high energy packed class			
Adults all belts 15 yrs and above 12pm-12:45pm	Adults All Belts 15 yrs and above 12pm-12:45pm		Black Belt Club 15 yrs and above 12-12:45pm	Once a month classes will be closed from 6:30pm on for special Events	Black Belt Camp 8:30am-10:30am
Intermediate/Adv All Ages 12:45-1:30pm	Beginners Ranks All Ages 12:45-1:30pm		Black Belt Club All Ages 12:45-1:30pm	White to Yellow Belts 3:45-4:15	Make-Up Classes All Ages/All Belts 10:30-11:15am
Beginner Ranks All Ages 3:45-4:30pm	Intermediate Ranks All Ages 3:45-4:30pm	Black Belt Club All Ages 3:45-4:30	Basic Training All Ages 3:45-4:30	Gold to Orange Belts 4:15-4:45pm	Escrima Black Belt Club Only 11:15-11:45am
Intermediate Ranks All Ages 4:30-5:15	Beginner Ranks All ages 4:30-5:15	Basic Training All Ages 4:30-5:15	Black Belt Club All Ages 4:30-5:15pm	Green to Red/Black Belts 4:45-5:30pm	Nunchuks Training Black Belt Club Only 11:15-11:45am
Advance 1 Brown/Black to Red All Ages 5:15-6:00	Intermediate Ranks All ages 5:30-6:15pm	Black Belt Club All Ages 5:30-6:15	Basic Training All Ages 5:30-6:15pm	Bo Staff Training Black Belt Club Only 5:30-6pm	Sparring Training Black Belt Club Only 11:45-12:15pm
Advance 2 Red/Black to Black All ages 6:00-6:45pm	Beginner Ranks 12 yrs and below 6:15-7:00pm	Basic Training All ages 6:15-7:00	Black Belt Club All Ages 6:15-7:00	Bokken Sword Training 6pm-6:30pm	Forms Class- This is an open class to all students interested in form help 11:45-12:15
Demo Team Practice 6:45-7:45	Advanced Ranks All Ages 7:00-7:45pm	Black Belt Club 10 yrs and above 7:00-7:45pm	Black Belt Training 1 st - 4 th degree 7:00-7:45pm	Grappling Training 6:30-7pm	Birthday Parties Spots Available on Saturday but must be Reserved
Adults-all Belts 7:45-8:30pm	Black Belts 1st degree -4 th Degree 7:45-8:30	Basic Training 15 yrs and above 7:45-8:30	Adults All Belts 15yrs and above 7:45-8:30pm	Black Belt Training 1 st - 4 th Degree 7:00 to 7:45pm	<u>PROGRAMS AVAILABLE</u> Basic Training Program Black Belt Club Program Muay Thai Training
Muay Thai 8:30-9:15pm	Adults-All Belts 15yrs and above 8:30-9:15	Muay Thai 8:30-9:15		Muay Thai 7:45-8:30pm	<u>RANKS</u> Beginner -White - Orange Intermediate –Green-Brown Advanced-Brown/Black-Black Black Belts- 1 st degree-4th