



CLASS SCHEDULE

Effective 9/4/2018

MONDAY		TUESDAY	WEDNESDAY		THURSDAY	FRIDAY	SATURDAY	
		PRE-T 1:15-2:00						
WHITE BELTS 4:00-4:30		GREEN & BLUE 4:15-5:00	WHITE BELTS 4:00-4:30		GREEN & BLUE 4:15-5:00	WHITE BELTS 4:00-4:30	WHITE & YELLOW 10:00-10:45	
WHITE & YELLOW 4:30-5:15		BROWN & ABOVE 5:00-5:45	WHITE & YELLOW 4:30-5:15		BROWN & ABOVE 5:00-5:45	WHITE & YELLOW 4:30-5:15	GREEN & BLUE 10:45-11:15 (FORMS)	
IMPACT 5:15-6:00	TOURNAMENT TEAM 5:15-6:00	BLACK BELTS 5:45-6:30	TOURNAMENT TEAM 5:15-6:00	PEE WEES 5:20-6:00	BLACK BELTS 5:45-6:30	GREEN & BLUE 5:15-5:45 (FORMS)	GREEN & ABOVE 11:15-11:45 (SPARRING)	
BROWN & ABOVE 6:00-6:45		WHITE & YELLOW 6:30-7:15	BROWN & ABOVE 6:00-6:45		WHITE & YELLOW 6:30-7:15	GREEN & ABOVE 5:45-6:15 (SPARRING)	BROWN & ABOVE 11:45-12:15 (FORMS)	
GREEN & BLUE 6:45-7:30			GREEN & BLUE 6:45-7:30			BROWN & ABOVE 6:15-6:45 (FORMS)	BLACK BELTS 12:15-12:45	WHITE BELTS 12:15-12:45
ADULTS 7:45-8:45		ADULTS 7:30-8:30	ADULTS 7:45-8:45		ADULTS 7:30-8:30	ADULTS 6:45-7:15	ADULTS 9:15-10:00	
						OPEN SPARRING 7:30-8:30		

FITNESS CLASSES

FITNESS 8:30-10:30am	FITNESS 8:30-10:30am	FITNESS 8:30-10:30am	FITNESS 8:30-10:30am	FITNESS 8:30-10:30am	FITNESS 8:30-10:30am
FITNESS 7:30-8:30pm	FITNESS 6:30-7:30pm	FITNESS 7:30-8:30pm	FITNESS 6:30-7:30pm	FITNESS 7:30-8:30pm	
	FITNESS 7:30-8:00pm		FITNESS 7:30-8:00pm		
	FITNESS 8:15-9:00pm		FITNESS 8:15-9:00pm		

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