

MPK CLASS SCHEDULE



EFFECTIVE AS OF JANUARY 29, 2018

| | MON | TUE | WED | THU | SAT | SUN |
|---|-------------|-------------|-------------|-------------|--------------------------------|--------|
| LITTLE KICKERS (ages 4-7 all ranks) | 5:00-5:30pm | - | 5:00-5:30pm | 5:00-5:30pm | 9:45-10:30am | - |
| FOCUS (white, gold, orange, green, jr/adult) | 5:30-6:15pm | - | 5:30-6:15pm | 5:30-6:15pm | 9:45-10:30am | - |
| SPIRIT (purple, blue, jr/adult) | 6:15-7:00pm | - | 6:15-7:00pm | 6:15-7:00pm | 9:45-10:30am | - |
| POWER (red, brown, jr/adult) | 6:15-7:00pm | - | 6:15-7:00pm | 6:15-7:00pm | 9:45-10:30am | - |
| BLACK BELT Masters | 6:15-7:00pm | - | 6:15-7:00pm | 6:15-7:00pm | 10:30-noon 1st & 2nd Saturdays | - |
| Leadership/Weapons (enrolled students) | - | 5-5:45pm | - | - | 9:00-9:45am | - |
| SPARRING (ages 4-10) | - | 5:45-6:15pm | - | - | - | - |
| SPARRING (ages 11-adult) | - | 6:15-7:00pm | - | 7:00-8:00pm | - | - |
| Adult Defensive Concepts (ages 18+) | - | - | 7:00-8:00pm | - | - | - |
| INSTRUCTOR TRAINING | 7:00-8:00pm | - | - | - | - | - |
| TOTAL FITNESS TRAINING | - | 7:00-8:00pm | - | 7:00-8:00pm | 8:00-9:00am | - |
| YOGA | - | - | - | - | 7:00am | 4:30pm |

- **NOTE:** Saturday 9:45-10am classes are a “**Family Class**” for all ages and all ranks.
- Please arrive **5 MINUTES EARLY** and be on time for your scheduled class.
- You may attend any class **at or below your rank**, but not above.
You will receive credit for one class per day (the class at your level) toward your belt requirement. Two class credits only in instances where you attend multiple classes offered at your level – for example, morning summer classes or adult class combined with a regular evening class on the same day.
- **There are no evening classes on Fridays and no regular Sunday classes.**