

MPK CLASS SCHEDULE



EFFECTIVE AS OF JANUARY 1, 2020

	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 all ages/ranks	-
Beginner/INTERMEDIATE (white, gold, orange, green,	5:30-6:15pm	-	5:30-6:15pm	5:30-6:15pm	9:45-10:30am all ages/ranks	-
ADVANCED (purple, blue, red, brown jr/adult)	6:15-7:00pm	-	6:15-7:00pm	6:15-7:00pm	9:45-10:30am all ages/ranks	-
BLACK BELT Masters	6:15-7:00pm	-	6:15-7:00pm	6:15-7:00pm	10:30-noon 1st & 2nd Saturdays	-
WEAPONS Rotation (separate enrollment)	-	5-5:30pm	-	-	9:00-9:30am	-
SPARRING (ages 4-10)	-	5:45-6:15pm	-	-	-	-
SPARRING (ages 11-adult)	-	6:15-7:00pm	-	-	-	-
INSTRUCTOR TRAINING	7:00-8:00pm	-	-	-	-	-
TOTAL FITNESS TRAINING (punch card)	-	7:00-8:00pm	-	7:00-8:00pm	8:00-9:00am	-
YOGA (punch card)	6:00-7:00pm	-	-	6:00-7:00pm	9:00-10:00am	-

- **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.
- **Any student may spar starting at gold belt.** Please see the front desk for more information.
- **There are no evening classes on Fridays and no regular Sunday classes.**