


Class Schedule as of March 1st, 2021



- Please register for classes on the MPK app ahead of time, and plan to arrive 5 minutes early to be on time for your scheduled in-person class.
- You may attend any class at or below your belt 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 more information.

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	MASKS REQUIRED FOR ANYONE ENTERING THE BUILDING Ages 5 and up! NO EXCEPTIONS WITHOUT MEDICAL EXCUSE 
Little Kickers All Belt Ranks Ages 4-7	5:00 - 5:25 PM 25 minutes	5:00 - 5:25 PM 25 minutes	5:00 - 5:30 PM Future Sparring Class (gold belts and up)	5:00 - 5:25 PM 25 minutes	
Beginner & Intermediate White, Gold, Orange, Green Ages 8 to Adult	5:30 – 6:05 PM 35 minutes	5:30 – 6:05 PM 35 minutes	5:40 – 6:20 PM Future Sparring Class (gold belts and up)	5:30 – 6:05 PM 35 minutes	
Advanced Purple, Blue, Red Ages 8 to Adult	5:30 – 6:05 PM 35 minutes	5:30 – 6:05 PM 35 minutes	6:30-6:55 PM Future Weapons Class	5:30 – 6:05 PM 35 minutes	
Brown Belts & Black Belts Ages 8 to adult	6:10 – 6:50 PM 40 minutes	6:10 – 6:50 PM 40 minutes	7:00 – 7:30 PM Biweekly Leadership Team	6:10 – 6:50 PM 40 minutes	
TOTAL FITNESS TRAINING (punch card)		7:00 – 8:00 PM Tuesday		7:00 – 8:00 PM Thursday	8:00 – 9:00 AM Saturday
YOGA (punch card)	6:30 – 7:30 PM Monday		6:30 – 7:30 PM Wednesday		