

MPK CLASS SCHEDULE



EFFECTIVE AS OF DECEMBER 13, 2021

Class	Monday	Tuesday	Wednesday	Thursday	Saturday
Little Kickers All Ranks Ages 4-7	5:00 – 5:25 p.m.	5:00 – 5:25 p.m.		5:00 – 5:25 p.m.	
White, Gold Orange, Green, Purple Belts Ages 8 - Adult	5:30 – 6:10 p.m.	5:30 – 6:10 p.m.		5:30 – 6:10 p.m.	
Blue, Red, Brown, Black Belts Ages 8 - Adult	6:15 – 6:55 p.m.	6:15 – 6:55 p.m.		6:15 – 6:55 p.m.	
Sparring Ages 4-10			5:00 – 5:30 p.m.		
Weapons 8-week programs for those registered			5:35 – 6:05		
Sparring Ages 11 - Adult			6:15 – 7:00 p.m.		
Total Fitness Training (punch card)		7:00 – 8:00 p.m.		7:00 – 8:00 p.m.	8:00 – 9:00 a.m.
Yoga (punch card)	6:30 – 7:30 p.m.		6:30 – 7:30 p.m.		
Stripe Testing appointments					9:15, 9:45, and 10:15 a.m.
Super Saturday Black Belt training					9:15 – 10:15 First two Saturdays of each month

- 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.
- **Any student may spar starting at gold belt.** Please see the front desk for more information.