

Class Schedule as of May 23, 2022



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

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.	Open Gym – 9:30-10:30 a.m. <i>(parents assist)</i>
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.	Open Gym – 9:30-10:30 a.m. <i>(work independently)</i>
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.	Open Gym – 9:30-10:30 a.m. <i>(work independently)</i>
Sparring Ages 4-10			5:00 – 5:30 p.m.		
Sparring Ages 11 - Adult			5:30 – 6:15 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.				
Stripe Testing appointments					9:15, 9:45, and 10:15 a.m.
Open Gym					9:30 – 10:30
Super Saturday Black Belt training					9:15 – 10:15 First two Saturdays of each month