

Class Schedule as of December 12, 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.
- Weapons rotations require a separate registration and fee.

Class	Monday	Tuesday	Wednesday	Thursday	Saturday
Little Kickers No belts White Belts	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>
Little Kickers White Black Stripe Gold and Orange	5:30 – 5:55 p.m.		5:30 – 5:55 p.m.	5:30 – 5:55 p.m.	Open Gym – 9:30-10:30 a.m. <i>(parents assist)</i>
White, Gold Orange, Green, Purple Belts Ages 8 - Adult	6:00-6:40 p.m.		6:00-6:40 p.m.	6:00-6:40 p.m.	Open Gym – 9:30-10:30 a.m. <i>(Work independently)</i>
Blue, Red, Brown, Black Belts Ages 8 - Adult	6:45–7:30 p.m.		6:45–7:30 p.m.	6:45–7:30 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		6:05 – 6:45 p.m.			
Weapons Class Ages 7 & up and at least a Gold Belt Registration Required		5:30 – 6:00 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.				
Stripe Testing appointments					9:15, 9:45, and 10:15 a.m.
Open Gym					9:30 – 10:30
Super Saturday Brown-Black Belt training					9:15 – 10:15 First two Saturdays of each month