



Effective January 2016

Times include transition between classes.

## TAEKWONDO

### White & Gold Belt Kids

Mon, Wed: 4:30-5:15pm, Fri: 4:30-5:00pm

### White & Gold Belt Kids

Tues, Thur: 4:30-5:15pm, Fri: 4:30-5:00pm

### Orange & Green Belt Kids

Mon, Wed: 5:15-6:00pm, Fri: 5:00-5:30pm

### Purple & Blue Belt Kids

Mon, Wed: 6:00-6:45pm, Fri: 5:00-5:30pm

### Blue Belt & up, (All ages)

Fri: 5:00-5:30pm

### Kids Sparring (Orange and Green)

Fri: 4:30-5:00pm

### Kids Sparring (Purple and up)

Fri: 5:30-6:15pm

### Adult (All ranks)

Tues, Thur: 7:35-8:30pm

### Adult Sparring (All ranks)

Mon: 6:45-7:30pm

### Advanced Class (Red - Black, all ages)

Mon, Wed: 6:45-7:45pm

### Black Belts

Saturday: 10:30-11:30am

### Family Class (All ranks, 6yrs and up)

Mon, Wed: 5:45-6:30pm

## TINY TIGERS

### Tiny Tigers Ages 4 - 6yrs, White belt

Mon, Wed: 5:05-5:35pm

### Tiny Tigers Ages 4 - 6yrs, Yellow & Orange Stripe

Mon, Wed: 4:30-5:00pm

## JUDO

### White Belt Kids

Tues, Thur: 5:15-6:00pm Sat: 11:00-12:00pm

### Yellow Belt & up Kids

Tues, Thur: 6:00-6:45pm Sat: 11:00-12:00pm

### Adult Judo (13yrs and up)

Tues, Thur: 6:45-7:35pm, Sat: 12:00-1:15pm

## MODERN ARNIS

### Adult (All ranks)

Mon, Wed: 7:45-9:00pm, Sat: 9:30-11:00am

## BOOT CAMP

### Adult

Check website for dates & times.