



<b>Basic Training</b>						
<i>30 min. classes</i>	<b>Mon.</b>	<b>Tue.</b>	<b>Wed.</b>	<b>Thurs.</b>	<b>Fri.</b>	<b>Sat.</b>
<b>4-6 yr.</b>	<b>4:15 pm</b>	<b>5:45 pm</b>	<b>4:15 pm</b>	<b>5:45 pm</b>	<b>5:45 pm</b>	<b>9:30 am</b>
<b>7-12 yr.</b>	<b>4:45 pm</b>	<b>6:15 pm</b>	<b>4:45 pm</b>	<b>6:15 pm</b>	<b>6:15 pm</b>	<b>10:00 am</b>

<b>Black Belt Club Training</b>						
<i>45 min. classes</i>	<i>"A Day"</i> <b>Mon.</b>	<i>"A Day"</i> <b>Tue.</b>	<i>"B Day"</i> <b>Wed.</b>	<i>"B Day"</i> <b>Thurs.</b>	<i>"A Day"</i> <b>Fri.</b>	<i>"B Day"</i> <b>Sat.</b>
<b>5-7 yr.</b>	<b>6:00 pm</b>	<b>5:00 pm</b>	<b>6:00 pm</b>	<b>5:00 pm</b>	<b>5:00 pm</b>	<b>10:30 am</b>
<b>8-12 yr.</b>	<b>5:15 pm</b>	<b>4:15 pm</b>	<b>5:15 pm</b>	<b>4:15 pm</b>	<b>4:15 pm</b>	<b>11:15 am</b>
<b>13 yr. +</b>	<b>7:30 pm</b>	<b>6:45 pm</b>	<b>7:30 pm</b>	<b>6:45 pm</b>		<b>11:15 am</b>
<b>Team Fresh</b>			<b>6:45 pm</b>			
<b>Leadership</b>	<b>6:45 pm</b>					
<b>Mon. Tues. &amp; Fri "A" Days:</b> Students will be needing their quarterly weapon						
<b>Wed. Thurs. &amp; Sat. "B" Days:</b> Students will be needing their sparring equipment						
<b>Testing Week "last week of the month"</b>						
Students will need full uniform, sparring equipment and life skills sheets in order to test!!						

<b>Cardio Fitness</b>			
<i>1hr class</i>	<b>Tues.</b>	<b>Thurs.</b>	<b>Sat.</b>
<b>14+ Cardio Combat</b>	<b>7:30 pm</b>	<b>7:30 pm</b>	<b>8:30 am</b>

**“Where Families Grow Strong Together”**

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