

CLASS SCHEDULE - EFFECTIVE JANUARY 4, 2010

Monday & Wednesday - 4, 5, 6, & 7 years old

4:30 - 5:00 White Belt & Tiny Tigers
4:30 - 5:15 Ninja & Advance Ninja
5:15 - 6:00 Dragon & Superstars
Gold Belts up to 8 years old

Monday & Wednesday

6:00 - 6:45 Non-Black Belt Club Members - White through Green Belts - (8 years old and above)
6:00 - 7:00 Black Belt Club Members - Gold through Green Belts - (8 years old and above)
Purple and Brown Belts may attend this class has a makeup, however, only requirements up to Green Belt will be taught.

Monday & Wednesday - Adults & Teens

7:00 - 8:00 Black Belts
8:00 - 9:30 Kickboxing Class

Tuesday & Thursday - Mornings

10:00 - 11:00 Core Classes

Tuesday & Thursday - Kids Classes

5:00 - 5:45 Blue thru Brown Belts (5 - 10 years old)
5:00 - 6:00 Blue thru Brown Belts - Black Belt Club Members (5 - 10 years old)
5:00 - 6:00 Black Belt Kids up to 12 years old

Tuesday & Thursday

6:00 - 6:45 White Belts - (8 years old and above)
6:00 - 6:45 Non-Black Belt Club Members - Purple through Brown Belts - (8 years old and above)
6:00 - 7:00 Black Belt Club Members - Purple through Brown Belts - (8 years old and above)
7:00 - 8:30 Jiu-Jitsu Class

Friday

5:00 - 6:00 Sparring Class - All Under Belt Kids up to 10 years
6:00 - 7:00 Sparring Class - All Black Belts, Under Belt Adults and Kids 11 years and above

Saturday - All Members

10:30 - 11:15 Superstar - Brown Belts - (*General Class*)

Saturday - Black Belt Club Members Only!

11:30 - 12:30 Green through Brown Belts - (*Bo Staff Class*)

Saturday - 2nd Saturday of each Month

9:00 - 10:30 2nd Degree Black Belts & Above
12:30 - 1:30 R.E.A.L. Self-Defense - All students 12 years old and above (unless approved by Shihan)
(*Realistic, Effective And Lifesaving*)

WEEKLY TRAINING SCHEDULE 2010

White Belts:

January 4	Everything
January 11	Sparring Techniques
January 18	Basic Tech. & Stances
January 25	S/D Combinations
February 1	Everything
February 8	Sparring Techniques
February 15	Basic Tech. & Stances
February 22	S/D Combinations
March 1	Everything
March 8	Sparring Techniques
March 15	Basic Tech. & Stances
March 22	S/D Combinations
March 29	Everything
April 5	Sparring Techniques
April 12	Basic Tech. & Stances
April 19	S/D Combinations
April 26	Everything
May 3	Sparring Techniques
May 10	Basic Tech. & Stances
May 17	S/D Combinations
May 24	Everything
May 31	Sparring Techniques
June 7	Basic Tech. & Stances
June 14	S/D Combinations
June 21	Everything
June 28	Sparring Techniques
July 5	Basic Tech. & Stances
July 12	S/D Combinations
July 19	Everything
July 26	Sparring Techniques
August 2	Basic Tech. & Stances
August 9	S/D Combinations
August 16	Everything
August 23	Sparring Techniques
August 30	Basic Tech. & Stances
September 6	S/D Combinations
September 13	Everything
September 20	Sparring Techniques
September 27	Basic Tech. & Stances
October 4	S/D Combinations
October 11	Everything
October 18	Sparring Techniques
October 25	Basic Tech. & Stances
October 31	S/D Combinations
November 8	Everything
November 15	Sparring Techniques
November 22	Basic Tech. & Stances
November 29	S/D Combinations
December 6	Everything
December 13	Sparring Techniques
December 20	Basic Tech. & Stances

Gold - Brown Belts:

January 4	Everything
January 11	Kata
January 18	Self-Defense
January 25	Sparring
February 1	Everything
February 8	Kata
February 15	Self-Defense
February 22	Sparring
March 1	Everything
March 8	Kata
March 15	Self-Defense
March 22	Sparring
March 29	Everything
April 5	Kata
April 12	Self-Defense
April 19	Sparring
April 26	Everything
May 3	Kata
May 10	Self-Defense
May 17	Sparring
May 24	Everything
May 31	Kata
June 7	Self-Defense
June 14	Sparring
June 21	Everything
June 28	Kata
July 5	Self-Defense
July 12	Sparring
July 19	Everything
July 26	Kata
August 2	Self-Defense
August 9	Sparring
August 16	Everything
August 23	Kata
August 30	Self-Defense
September 6	Sparring
September 13	Everything
September 20	Kata
September 27	Self-Defense
October 4	Sparring
October 11	Everything
October 18	Kata
October 25	Self-Defense
October 31	Sparring
November 8	Everything
November 15	Kata
November 22	Self-Defense
November 29	Sparring
December 6	Everything
December 13	Kata
December 20	Self-Defense

Black Belts:

January 4	Kata
January 11	Weapons
January 18	Self-Defense
January 25	Sparring
February 1	Kata
February 8	Weapons
February 15	Self-Defense
February 22	Sparring
March 1	Kata
March 8	Weapons
March 15	Self-Defense
March 22	Sparring
March 29	Kata
April 5	Weapons
April 12	Self-Defense
April 19	Sparring
April 26	Kata
May 3	Weapons
May 10	Self-Defense
May 17	Sparring
May 24	Kata
May 31	Weapons
June 7	Self-Defense
June 14	Sparring
June 21	Kata
June 28	Weapons
July 5	Self-Defense
July 12	Sparring
July 19	Kata
July 26	Weapons
August 2	Self-Defense
August 9	Sparring
August 16	Kata
August 23	Weapons
August 30	Self-Defense
September 6	Sparring
September 13	Kata
September 20	Weapons
September 27	Self-Defense
October 4	Sparring
October 11	Kata
October 18	Weapons
October 25	Self-Defense
October 31	Sparring
November 8	Kata
November 15	Weapons
November 22	Self-Defense
November 29	Sparring
December 6	Kata
December 13	Weapons
December 20	Self-Defense