



RICHMOND: CLASS SCHEDULE

Goal: Min. 2 Classes Per Week, Begins March 28



| Virtual FB Class: | Monday | Tuesday | Wednesday | Thursday | Friday | Sat. |
|-------------------------------|----------------------------------|---------------------------------|---------------------------------|---------------------------------|---|------------------------|
| Tues./Thurs: | After School/SC 4 PM, 4:30 PM | After School/SC 4 PM,4:30 PM | After School/SC 4 PM,4:30 PM | After School/SC 4 PM,4:30 PM | After School/SC 4 PM,4:30 PM | Birthday Parties 12 AM |
| | Underbelts 5:00 PM | Junior Black Belts 5:00 PM | Underbelts 5:00 PM | Junior Black Belts 5:00 PM | Little Ninjas 3-4 Yr Olds 5:00 PM | Birthday Parties 2 PM |
| Underbelts Level 6:00 PM | Black Belt Club 5:45 PM | Black Belt Club 5:45 PM | Black Belt Club 5:45 PM | Black Belt Club 5:45 PM | Instructor Training EIT 5:30 PM | |
| Junior Black Belts 5:00 PM | Underbelts 6:00 PM | Underbelts 6:00 PM | Underbelts 6:00 PM | Underbelts 6:00 PM | Elite Competition Team 6:15 PM | |
| | Teen/Adult All Ranks 6:45 PM | Teen/Adult All Ranks 6:45 PM | Fitness Kickboxing 6:45 PM | Teen/Adult All Ranks 6:45 PM | | |
| | Private Lessons | Private Lessons | Private Lessons | Private Lessons | | |

“We are Elite!” 30 Min class if less than 4



PARK HILLS LEXINGTON: CLASS SCHEDULE

Goal is 2x Per Week, 30 Min Class if 4 or Less



| Virtual Zoom/FB Class | Monday | Tuesday | Wednesday | Thursday | Friday | Sat. |
|---------------------------------------|--|--|--|--|---|------------------------|
| Monday/Thurs: | After School/SC 4 PM,4:30 PM | After School/SC 4 PM,4:30 M | After School/SC 4 PM,4:30 PM | After School/SC 4 PM,4:30 PM | After School/SC 4 PM,4:30 PM | Birthday Parties 11 AM |
| | Underbelts 5:00 PM Group A | Underbelts 5:00 PM Group B | Underbelts 5:00 PM Group A | Underbelts 5:00 PM Group B | | Birthday Parties 1 PM |
| Underbelts Level 1/2 5:30 PM | Black Belt Club 5:45 PM Group A | Black Belt Club 5:45 PM Group B | Black Belt Club 5:45 PM Group A | Black Belt Club 5:45 PM Group B | Little Ninjas 3/4 Yr. olds 5:00 PM 30 min. | |
| Black Belts/Black White L3 6:30 PM | Underbelts 6:00 PM Group C | Underbelts 6:00 PM Group D | Underbelts 6:00 PM Group C | Underbelts 6:00 PM Group D | Elite Competition 5:30 PM 1st Fri of Month | |
| | Teen/Adult All Ranks 6:45 PM Group A | Teen/Adult All Ranks 6:45 PM Group B | Teen/Adult All Ranks 6:45 PM Group A | Teen/Adult All Ranks 6:45 PM Group B | Private Lessons | |
| | Private Lessons | Fitness Kickboxing 7:30 PM | Instructor Training EIT 7:30 PM | Fitness Kickboxing 7:30 PM | | |

“We are Elite!” Be sure to download our FREE Elite App



WINCHESTER: CLASS SCHEDULE

Goal: Min. 2 Classes Peer Week



| Virtual Zoom/FB Class | Monday | Tuesday | Wednesday | Thursday | Friday | Sat. |
|-------------------------------|----------------------------------|---|---------------------------------|---|---|------------------------|
| Tues./Thurs: | After School/SC 4 PM, 4:30 PM | After School/SC 4 PM,4:30 PM | After School/SC 4 PM,4:30 PM | After School/SC 4 PM,4:30 PM | After School/SC 4 PM,4:30 PM | Birthday Parties 12 AM |
| | Underbelts 5:00 PM | Underbelts 5:00 PM | Underbelts 5:00 PM | Underbelts 5:00 PM | Little Ninjas 3-4 Yr Olds 5:00 PM | Birthday Parties 2 PM |
| Underbelts Level 6:00 PM | Black Belt Club 5:45 PM | Black Belt Club 5:45 PM | Black Belt Club 5:45 PM | Black Belt Club 5:45 PM | Elite Competition Team 5:30 PM | |
| Junior Black Belts 5:00 PM | Underbelts 6:00 PM | Underbelts 6:00 PM | Underbelts 6:00 PM | Underbelts 6:00 PM | Private Lessons | |
| | Black Belt Club 6:45 PM | Black Belt Club 6:45 PM | Black Belt Club 6:45 PM | Black Belt Club 6:45 PM | | |
| | EIT Instructor Training 7:00 PM | Teen/Adult Krav Maga All Ranks 7:00 PM | Private Lessons | Teen/Adult Krav Maga All Ranks 7:00 PM | | |

“We are Elite!” 30 Min class if less than 4