



CLASS SCHEDULE

(Effective 9/18/23)



As of 9/18/23:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY *
		3 PM – 4 PM STAFF MEETING	3 PM – 4 PM STAFF TRAINING		Private Lessons 9 AM – 10 AM (By Appointment Only)
4:00 PM – 4:15 PM	4:00 PM – 4:45 PM (By Appointment Only) PRIVATE LESSONS & EVALUATION LESSONS	4:00 PM – 4:30 PM: KIDS – Level I (White, Yellow, & Orange Belts)	4:00 PM – 4:15 PM (BREAK)	4:00 PM – 4:30 PM (By Appointment Only) PRIVATE & EVAL. LESSONS	10:00 AM – 10:30 AM: LITTLE DRAGONS
4:15 PM – 4:30 PM		4:30 PM – 5:00 PM: KIDS PREMIUM TRAINING - B	4:15 PM – 4:45 PM: + LITTLE DRAGONS	4:30 PM – 5:00 PM: KIDS – Level II (Purple Belts & above)	10:30 AM – 11:00 AM: KIDS – Level I
4:30 PM – 4:45 PM		4:45 PM – 5:15 PM: + KIDS – Level III (Brown Belts & above)	5:00 PM – 5:30 PM: KIDS – Level II (Purple Belts & above)	4:45 PM – 5:15 PM: ~ KIDS – Level II (Purple Belts & above)	5:00 PM – 5:30 PM: LITTLE DRAGONS
4:45 PM – 5:00 PM	5:15 PM – 5:45 PM: KIDS – Level I (White, Yellow, & Orange Belts)	5:30 PM – 6:00 PM: LITTLE DRAGONS	5:15 PM – 5:45 PM: ~ KIDS PREMIUM TRAINING - C	5:30 PM – 6:00 PM: KIDS – Level I (White, Yellow, & Orange Belts)	11:30 AM – 12:15 PM: ADULT BEGINNERS
5:00 PM – 5:15 PM	5:45 PM – 6:15 PM: KIDS PREMIUM TRAINING - A	6:00 PM – 6:45 PM: ADULT ADVANCED & ADULT BLACK BELTS (Brown Belts & Above)	5:45 PM – 6:15 PM: + KIDS – Level III (Brown Belts & above)	6:00 PM – 6:45 PM: ADULT BEGINNERS (White, Yellow, & Orange Belts)	12:15 PM – 1:00 PM: ADULT INTERMED.
5:15 PM – 5:30 PM	6:15 PM – 6:45 PM: KIDS – Level II (Purple Belts & above)	6:45 PM – 7:30 PM: ADULT ELITE TRAINING	6:15 PM – 6:45 PM: KIDS – Level I (White, Yellow, & Orange Belts)	6:45 PM – 7:30 PM: ADULT PREMIUM TRAINING - B	<p>* Saturday classes are subject to change and may be cancelled due to special events or holidays.</p> <p>ANNOUNCEMENTS: As of 9/18/23: + Added Kids3 Class by replacing Kids2 on Monday at 4:45pm + Added Dragons Class on Wed. + Added Kids3 Class by removing Kids1 on Wed. at 4:45pm ~ Changed the times for Kids2 & Premium on Wednesday</p>
5:30 PM – 5:45 PM	6:45 PM – 7:30 PM: ADULT BEGINNERS (White, Yellow, & Orange Belts)	7:30 PM – 8:15 PM: ADULT PREMIUM TRAINING - A	6:45 PM – 7:30 PM: ADULT ADVANCED & ADULT BLACK BELTS (Brown Belts & Above)	7:30 PM – 8:15 PM: ADULT INTERMEDIATE (Purple, Blue, Green, & Green/Black Belts)	
5:45 PM – 6:00 PM	7:30 PM – 8:15 PM: ADULT INTERMEDIATE (Purple, Blue, Green, & Green/Black Belts)	8:15 PM – 9:00 PM: ADULT BEGINNERS (White, Yellow, & Orange Belts)	7:30 PM – 8:15 PM: ADULT BEGINNERS (White, Yellow, & Orange Belts)	8:15 PM – 9:00 PM: ADULT ADVANCED & ADULT BLACK BELTS (Brown Belts & Above)	
6:00 PM – 6:15 PM	8:15 PM – 9:00 PM: ADULT ADVANCED & ADULT BLACK BELTS (Brown Belts & Above)	8:15 PM – 9:00 PM: ADULT INTERMEDIATE (Purple, Blue, Green, & Green/Black Belts)	8:15 PM – 9:00 PM: ADULT INTERMEDIATE (Purple, Blue, Green, & Green/Black Belts)		
6:15 PM – 6:30 PM					
6:30 PM – 6:45 PM					
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8:45 PM – 9:00 PM					

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