

Tiny KICK (4-5yrs, 30min)

Mon	Tue	Wed	Thu	Fri	Sat
4:40 - 5:10		4:00 - 4:30		5:00 - 5:30	10:40 - 11:10

Junior Class (6 - 12yrs, 40min)

Tue Wed Thu	Wed	Tue	Mon	Class Type
40 4:40 - 5:20 5:50 - 6:30 5:20 - 6:00	5:50 - 6:30 5	4:40 - 5:20	4:00 - 4:40	BASIC
4:00 - 4:40 6:00 - 6:40 4:	6	4:00 - 4:40		Beginner
50 4:30 - 5:10 4:00 - 4:40	4:30 - 5:10 4		5:10 - 5:50	Intermediate 1
30 5:20 - 6:00 4:40 - 5:20	4	5:20 - 6:00	5:50 - 6:30	Intermediate 2
5:10 - 5:50 5:	5:10 - 5:50			Advanced
30 5:20-6:00 4:40-5:20	4 5:10 - 5:50			Intermediate 2

*BASIC: White & Yellow

*****Intermediate 2: Super Blue & Brown ******Advanced: Super Brown & Red & Semi Black

****Beginner**: Orange & Green *****Intermediate 1**: Super Green & Blue

***** **Advanced**: Super Brown & Red & Se

BLACK BELT (All age, 45-50min)

Mon	Tue	Wed	Thu	Fri	Sat
6:30 - 7:15	6:00 - 6:45	6:30 - 7:20	6:40 - 7:30	6:10 - 7:00	9:50 -10:40
7:15 - 8:00	6:45 - 7:30	7:20 - 8:10	7:30 - 8:20	7:00 - 7:50	
8:00 - 8:50	7:30 - 8:20				

Family (All Belts, 6 & higher, 45-50min)

Mon	Tue	Wed	Thu	Fri	Sat
6:30 - 7:15	6:45 - 7:30	6:30 - 7:20	6:40 - 7:30	7:00 - 7:50	9:50 - 10:40

TEEN & ADULTS INTERGRATED PROGRAM(13 & higher, 50min)

Mon	Tue	Wed	Thu	Fri	Sat
8:00 - 8:50	7:30 - 8:20	7:20 - 8:10	7:30 - 8:20	7:00 - 7:50	9:50 - 10:40

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