

Schedule

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday AM
Kids and Family						
White Belt (& Tiny Tigers Red Stripe)	3:45-4:30	6:00-6:45	4:30-5:15	7:00-7:45 (Rm. 2)*	7:00-7:40	10:50-11:35
Yellow Belt		3:45-4:30	5:15-6:00	6:45-7:30		10:50-11:35
Striped Yellow Belt		3:45-4:30	5:15-6:00	6:45-7:30		10:50-11:35
Green Belt	5:15-6:00	6:45-7:30	6:00-6:45			11:35-12:20
Striped Green Belt	5:15-6:00	6:45-7:30	6:00-6:45			11:35-12:20
Blue Belt		5:15-6:00	6:45-7:30	5:15-6:00	3:45-4:30	11:35-12:20
Striped Blue Belt		5:15-6:00	6:45-7:30	5:15-6:00	3:45-4:30	11:35-12:20
Red Belt	4:30-5:15	7:30-8:15		6:00-6:45	5:15-6:00	12:25-1:10
Striped Red Belt	4:30-5:15	7:30-8:15		6:00-6:45	5:15-6:00	12:25-1:10
Double Striped Red Belt	7:30-8:15		3:45-4:30	7:30-8:15	4:30-5:15	12:25-1:10
Black Belt (1st to 4th Level)	6:00-6:45		7:30-8:15	4:30-5:15	7:40-8:25	9:00-9:50
1st Black Level 5 to 2nd Degree	7:30-8:15(Rm. 2)*					
Sparring (Yellow and Up)	6:45-7:30					
Leadership Training	7:30-8:15	7:00-7:45 (Rm. 2)*				
Demo Team						1:45-2:30
Teen and Adult						
All Levels	8:15-9:05	8:15-9:05	8:15-9:05	8:15-9:05	8:25-9:10	9:00-9:50
Double Striped Red Belt	7:30-8:15		3:45-4:30	7:30-8:15	4:30-5:15	12:25-1:10
Black Belt (1st to 4th Level)	6:00-6:45		7:30-8:15	4:30-5:15	7:40-8:25	9:00-9:50
Sparring (Yellow and Up)	6:45-7:30					
Sparring (Blue-Black)	6:45-7:30					
Leadership Training	7:30-8:15	7:00-7:45 (Rm. 2)*				
Demo Team						1:45-2:30
Tiny Tigers						
All Levels						
Low Belt (White-Yellow Stripe)		4:40-5:10	6:30-7:00 (Rm. 2)	3:15-3:45	6:00-6:30	9:50-10:20
High Belt (Green Stripe-Blue Stripe)	3:15-3:45	6:30-7:00 (Rm. 2)*		4:00-4:30	6:30-7:00	10:20-10:50

This schedule is available in our website