



leadership skills through the martial arts

Class Schedule

Beginning September 2018

PROGRAM	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
LITTLE NINJAS All Belt Levels 4-5 year olds	4:30 – 5:00		6:00 – 6:30	5:30 – 6:00		9:30 – 10:00
BASIC/BBT White-Green Belts 6-12 year olds	5:00 – 5:30		4:30 – 5:00	6:00 – 6:30	6:30-7:00	10:00 – 10:30
INTERMEDIATE Purple-BlueStr Belts Ages 6-12	5:30 – 6:00	4:30 – 5:00	5:00 – 5:30		6:00-6:30	10:30 – 11:00
ADVANCED Red-BrownStr Belts Ages 6-12	6:00 – 6:30	5:30 – 6:00		4:30 – 5:00	5:00-5:30	11:00 – 11:30
KANDO Black Belt Team All Ages		5:00 – 5:30	5:30 – 6:00	5:00 – 5:30	5:30-6:00	
TEENS & ADULTS BASIC White-Green Belts	8:00 – 8:40		6:30 – 7:10	6:30 – 7:10		1:45 – 2:25
TEENS & ADULTS INT/ADV Purple-BrnStr	8:00 – 9:00		6:30 – 7:30	6:30 – 7:30		1:45 – 2:45
MASTERS TEAM Black Belts–All Ages	7:15 – 8:00		7:30 – 8:15			11:30 – 12:15
MASTERS TEAM 2	7:15 – 8:00		8:15 – 8:45			12:15 – 12:45
SPARRING Youth	1 st & 3 rd : 6-8 2 nd & 4 th : 9-12 6:30 – 7:15				2 nd : 6-8 4 th : 9-12 4:30 – 5:00	
SPARRING Teens & Adults Replaces regular class	Week 1 8:00 – 9:00		Week 2 6:30 – 7:30	Week 3 6:30 – 7:30		Week 4 1:45 – 2:45
KOBUDO		6:00 - 7:00		7:30-8:30		12:45 – 1:45
KOBUDO MT		7:00 – 7:30				12:15 – 12:45
CANDIDATES		7:30 – 8:30				2:45 – 4:15
COMPETITION TEAM		7:00 – 7:30			1 st & 3 rd 4:30 - 5:00	