

RANK/AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TIGER CUBS (4-5)	5:50PM	4:00PM	5:50PM	4:00PM	-	10:00AM
JUNIORS (6-10) WHITE & YELLOW BELTS	4:00PM	5:45PM	4:00PM	6:30PM	4:30PM	10:30AM
JUNIORS (6-10) GREEN BELTS & UP	6:30PM	4:45PM	6:30PM	4:30PM	4:30PM	11:15AM
TEENS (11-15) ALL RANKS	5:00PM	6:45PM	-	5:30PM	6:30PM	12:00PM
ADULTS (16+) ALL RANKS	7:30PM	6:45PM	-	7:30PM		9:00AM

INSTRUCTORS & LEADERSHIP TRAINING

Teen and Adult Instructor training lessons will be offered each month. Refer to the lobby calendar for specific dates.

A special black belt lesson will be held one Wednesday of every month. See instructors for details.

WEAPONS CLASS
 Fridays at 5:30PM
 Adult, Teen, Junior Students

Tiger Cub lessons are 30, Junior & Teen lessons are 45, and Adult lessons are 50 minutes.

STUDENTS SHOULD ARRIVE 5 TO 10 MINUTES EARLY FOR EACH CLASS. LATE STUDENTS RECEIVE NO LESSON CREDIT.

MINIMUM CLASSES TO TAKE TO QUALIFY FOR BELT TESTING

TIGER CUBS &
WHITE

10

YELLOW,
GREEN, BLUE

12

BROWN &
RED

14

BLACK
BELTS

16

Students must test to earn new rank!

Formula For Success!

- + ATTEND CLASS 2-3 TIMES A WEEK
- + ONE 30-MINUTE PRACTICE SESSION AT HOME EACH WEEK
- + ONE PRIVATE LESSON PER MONTH OR PER TESTING CYCLE
- = SUCCESS!

PRIVATE LESSONS

Available by appointment only. See instructor(s) for details.

THIS SCHEDULE IS SUBJECT TO CHANGE · MINIMUM ATTENDANCE REQUIREMENTS MUST BE MET IN ORDER FOR STUDENT TO QUALIFY FOR BELT TESTING · MINIMUM ATTENDANCE DOES NOT GUARANTEE ADVANCEMENT · CLASS ATTENDANCE TOTALS RESET EVERY CYCLE.

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