

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00-5:40 BEGINNER 8 UNDER	5:00-5:30 DRAGONS 3-6 yrs	5:00-5:40 BASIC 8 UNDER	5:00-5:30 DRAGONS 3-6 yrs	5:00-5:40 BEGINNER/ BASIC	8:00-8:45am CIRCUIT
					9:00-9:30 BO STAFF
5:40-6:20 INTERMEDIATE	5:30-6:10 BEGINNER	5:40-6:20 MASTERS	5:30-6:10 BBC	5:40-6:20 BLACK BELT PREP	9:30-10:00 CHUCKS
6:20-7:00 ADVANCED	6:10-6:50 INTERMEDIATE	6:20-7:00 BBC	6:10-6:50 BASIC	6:20-7:00 SPARRING	10:00-10:30 KAMA
7:00-7:40 BEGINNER 9 AND UP	6:50-7:30 ADVANCED	7:00-7:40 BASIC 9 AND UP	6:50-7:30 MASTERS	7:00-7:40 ELITE DEMO	10:30-11:00 SWORD
7:40-8:20 ADULT / TEEN ALL RANKS	7:30-8:10 ELITE DEMO	7:40-8:20 ADULT / TEEN CIRCUIT	7:30-8:10 BLACK BELTS ONLY	7:40-8:20 MC TRICKING/ ELITE DEMO	11:00-12:00 WORKSHOP
	8:10-8:50 ADULT / TEEN ALL RANKS		8:10-8:50 ADULT / TEEN CIRCUIT		12:00-12:40 OPEN WORKOUT

* EFFECTIVE MONDAY FEBRUARY 1, 2012

Please Note:

Classes are all ages unless specified

**You must be 13 yrs. or older to attend Adult Teen And Circuit

Beginner = White / Orange / High Orange / Yellow

Intermediate = Green / High Green / Blue / High Blue

Advanced = Purple / High Purple / Brown /Red /Deputy Black /
Black

MC = Masters Club Training

BBC = Black Belt Club Training



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