

# Blue Sr. - Black

MONDAY – 7:15pm – 8:00pm

WEDNESDAY – 8:00pm – 8:45pm

THURSDAY– 6:30pm – 7:15pm

How many classes should I attend a week?

You may attend up to 3 Classes a Week of any of the above, plus classes offered at the bottom that goes with the program you are in.



All Students

Blue Senior Belt  
thru  
All Black Belts



## Book Private Lessons

Free 15 min. private lessons available to prevent falling behind.

Paid 30 min. private lessons to get ahead quicker.

All Masters Club - Wednesday – 7:15pm to 8:00pm

ELITE – Thursday 8:00pm to 9:00pm

## Extra's

Kicknastics - Wednesday 5:00pm to 5:45pm *(Under 16)*

Arnis and Sais- Wednesday 5:00pm to 6:00pm

Bo and Nunchaku – Wednesday 6:00pm to 7:00pm

Youth Sparring Tuesday – 5:45pm to 6:30pm *(Under 13)*

Sparring Tuesday – 6:30pm to 7:15pm *(13 an older)*

Majors / Breakdown – Thursday – 7:15pm to 8:00pm

MATS Tuesday – 7:15pm – 8:00pm