

PROGRAM NAME	AGES	MON	TUES	WED	THURS	FRI	SAT
PROGRAMS FOR CHILDREN & TEENS							
LIL' DRAGONS	Ages 5-6	3:50-4:30 pm		4:45-5:25 pm		(no class)	11:00-11:40 am
MIGHTY MITES	Ages 6-7	3:50-4:30 pm		4:45-5:25 pm		3:50-4:30 pm	11:00-11:40 am
CHILD BEGINNERS (wht, yel, org, grn)	Ages 8-11	4:40-5:20 pm	5:25-6:05 pm		5:25-6:05 pm	4:40-5:20 pm	11:50-12:30 pm
CHILD INTERMEDIATE I (Hi-Grn, Blue, Hi-Blu)	Ages 8-11	5:30-6:10 pm	4:30-5:10 pm or 5:25-6:05 pm (recommend)		4:30-5:10 pm or 5:25-6:05 pm (recommend)	5:30-6:10 pm	10:00-10:40 am
CHILD INTERMEDIATE II (All Purple, Red)	Ages 8-11	5:30-6:10 pm	4:30-5:10 pm		4:30-5:10 pm	5:30-6:10 pm	10:00-10:40 am
CHILD ADVANCED (Hi-Red, Brown, Blk)	Ages 8-11	5:30-6:10 pm	4:30-5:10 pm		4:30-5:10 pm	5:30-6:10 pm	10:00-10:40 am
JUNIORS (all belts)	Ages 12-15		6:15-6:55 pm	7:00-7:40 pm	6:15-6:55 pm		11:50-12:30 pm
ADD-ON PROGRAMS FOR KIDS, TEENS, ADULTS (Members Only - additional registration required)							
PRE-BLACK BELT CLUB XMA, TUMBLING & WEAPONS	Members Only			4:00-4:45 pm			
BLACK BELT CLUB (BBC) & MASTERS CLUB (MC)	Members Only			(BBC & MC only) 5:30-6:45 pm			(MC - Only) 9:00-10:00 am
KUMDO (SWORD)	Members Only						8:15-9:00 am
PROGRAMS FOR ADULTS							
ADULT TAEKWONDO	Ages 16-up	8:00-9:00 pm		8:00-9:00 pm			
KRAV MAGA (morning)	Ages 16-up	11:30-12:30 pm (All Levels)		11:30-12:30 pm (All Levels)			
KRAV MAGA (fitness & more self-defense training)	Ages 16-up	(for Beginners) 7:00-8:00 pm (All Levels) 9:00-9:45 pm	(All levels) 7:00-8:00 pm	(All Levels) 7:00-8:00 pm 9:00-9:45 pm	(All levels) 7:00-8:00 pm		(Level 2 & up) TBA
CORE-KICKBOXING		6:25-7:10	7:00-7:45 pm		7:00-7:45 pm		10:00-10:45 am
BRAZILIAN JIUJITSU & GRAPPLING	Adults & Teens 13-up		8:10-9:15 pm All Levels (GI)		8:10-9:15 pm All Levels (GI)		(interschool cross- training schedule TBA)
JUDO (Kokushi Dojo) must register w/ Kokushi Dojo	Ages 15-up	7:00-7:45 kids 8:00-9:15 adults		7:45-9:15 pm (all)		7:00-8:15 pm (all)	
(ONLY WHEN AVAILABLE)							
MEN & WOMEN'S 6-WEEK GET FIT & TOUGH CHALLENGE (*ONLY when avail)	Ages 16-up		8:00-9:00 pm		8:00-9:00 pm		7:15-8:15 am

POLICIES: 1) Be 10 min EARLY for your class! 2) Pls keep your regular class schedule for your own good, and to control class sizes. Designated Makeup day is Sat. Any other day requires prior approval. 3) Keep uniforms CLEAN!



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