



FALL SCHEDULE

EFFECTIVE AUGUST 18, 2018

RANK/AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TIGER CUBS (4-5) All Ranks	-	4:30-5:00PM	-	5:20-5:50PM	-	8:45-9:15AM
JUNIORS (6-11) White & Yellow	4:30-5:10PM	6:00-6:40PM	4:30-5:10PM	6:00-6:40PM	-	11:30AM-12:20PM
JUNIORS (6-11) Green Belts	5:20-6:00PM	6:45-7:25PM	5:20-6:00PM	4:30-5:10PM	-	11:30AM-12:20PM
JUNIORS (6-11) Blue Belts	5:20-6:00PM	6:45-7:25PM	5:20-6:00PM	4:30-5:10PM	-	10:30-11:20AM
JUNIORS (6-11) Brown Belts	5:20-6:00PM	6:45-7:25PM	6:10-7:00PM	-	5:00-5:45PM	10:30-11:20AM
JUNIORS (6-11) Red Belts	4:30-5:10PM	5:10-5:50PM	6:10-7:00PM	-	5:00-5:45PM	10:30-11:20AM
JUNIORS (6-11) Black Belts	6:10-7:00PM	5:10-5:50PM	6:10-7:00PM	-	5:00-5:45PM	10:30-11:20AM
TEENS (12-15) All Ranks	6:10-7:00PM COLOR BELTS 7:10-8:00PM BLACK BELTS	7:35-8:25PM	7:10-8:00PM	-	6:50-7:35PM	9:30-10:20AM
ADULTS (16+) All Ranks	12:00-12:50PM 7:10-8:00PM	12:00-12:50PM 7:35-8:25PM	7:10-8:00PM	12:00-12:50PM 6:45-7:35PM	-	9:30-10:20AM



XP - EXTREME PERFORMANCE

FRIDAYS

5:55-6:40PM

(Requires previous special enrollment, see instructor for details.)



HONORS & LEADERSHIP TEAM

1st, 3rd, & 5th Thursday of every month
6:45-7:25PM

DEMO TEAM

2nd & 4th Thursday of every month
6:45-7:25PM

BRAZILIAN JIU-JITSU

Tuesdays 6:00-6:40PM
Thursdays 5:20-6:00PM

HANMUDO

Thursdays
6:00-6:40PM

ON TIME POLICY

IF YOU ARE NOT 10 MINUTES EARLY, YOU ARE LATE. Students who arrive late may participate in the lesson, however, no lesson credit will be issued. Students who arrive more than ten minutes late will not be allowed to participate.

MINIMUM CLASSES TO TAKE TO QUALIFY FOR BELT TESTING

TIGER CUBS & WHITE

10

YELLOW, GREEN, & BLUE

12

BROWN & RED

14

BLACK

28

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!

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