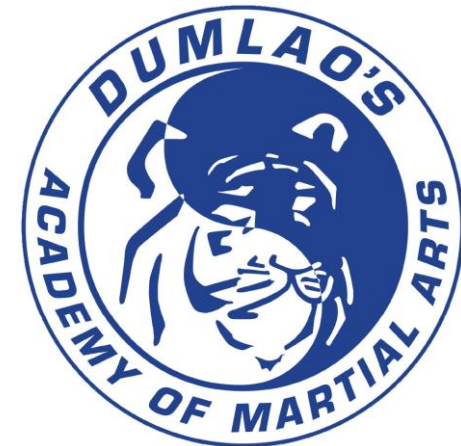


DUMLAO'S ACADEMY OF MARTIAL ARTS CLASS SCHEDULE

1/1/17 RMD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
Group 1 (All Belts - 6 & under) 3-3:30p	Group 1 (All Belts - 6 & under) 3:15-3:45p	Group 1 (All Belts - 6 & under) 3-3:30p	Group 1 (All Belts - 6 & under) 3:30-4p	Group 2A & 2B (All Belt Levels) 3:15-4p	Sport Karate Sparring 9-10:30am
Group 2A (All White Belts & Yellow Belts 2 stripes & below - 11 & under) 3:30-4:15p	Group 2A (All White Belts & Yellow Belts 2 stripes & below - 11 & under) 3:15-4p	Group 2A (All White Belts & Yellow Belts 2 stripes & below - 11 & under) 3:30-4:15p	Group 2A & 2B (All Belt Levels) 3:30-4:15p	Group 3 & 4 (Yellow Belt & above - 12 & under) 4-4:45p	
Group 3 (White-Gold Belts - 12 & under) 3:30-4:15p	Group 2B (Yellow Belts 3 stripes & above - 11 & under) 4-5p	Group 3 (White-Gold Belts - 12 & under) 3:30-4:15p	Group 3 (White-Gold Belts - 12 & under) 4:15-5p	Sparring 1 & 2 (Yellow Belt & Above) 5-6:30p	
Group 4 (Gold-Purple-Green - 8-12 yr olds) Group 5 (Blue-Red-Brown-Black) 4:15-5p	Sparring 1 4-5p Sparring 2 5-6p	Group 2B (Yellow Belts 3 stripes & above - 11 & under) 4:15-5p	Group 4 (Gold-Purple-Green - 8-12 yr olds) 4:15-5p		
Group 2B (Yellow Belts 3 stripes & up - 11 & under) 5-5:45p	Group 3 (White-Gold Belts - 12 & under) 5-6p	Group 4 (Gold-Purple-Green - 8-12 yr olds) 5-5:45p	Group 5 (Blue-Red-Brown-Black) 5-5:45p		
Jiu-Jitsu (Kids/Teen/Adult) 5-6p	Jiu-Jitsu (Kids/Teen/Adult) 6-7:15p	Group 5 (Blue-Red-Brown-Black) 5:45-6:30p	Sport Karate Sparring 5:45-6:45p		
Group 6 (All Belts - Adult/Teen) 5:45-6:30p	Group 6 (All Belts - Adult/Teen) 6-6:45p	FCC (Muay Thai/Conditioning/Boxing) 6:30-8p	Jiu-Jitsu (Kids/Teen/Adult) 6-7:30p		
FCC (Muay Thai/Conditioning/Boxing) 6-7:30p	Cardio Karate 7-8p	Jiu-Jitsu Women ONLY 6:30-7:30p	Cardio Karate 7-8p		
Cardio Karate 6:30-7:30p 7:30-8:30p	Black Belt Training 7:15-9p	Group 6 (All Belts - Adult/Teen) 7:30-8:30p			
		Cardio Karate 7:30-8:30p			



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