

# DUMLAO'S MARTIAL ARTS CLASS SCHEDULE

Effective 06/24/2014 RMD

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Group 1</b> (All Belts - 6 & under) 3-3:30p	<b>Group 1</b> (All Belts - 6 & under) 3:15-3:45p	<b>Group 1</b> (All Belts - 6 & under) 3-3:30p	<b>Group 1</b> (All Belts - 6 & under) 3:30-4p	<b>Group 2A &amp; 2B</b> (All Belt Levels) 3:15-4p	<b>FCC</b> (Muay Thai/Conditioning/ Boxing) 7-9a	<b>Cardio Karate</b> 8:30-9:30am
<b>Group 2A</b> (All White Belts & Yellow Belts 2 stripes & below - 11 & under) 3:30-4:15p	<b>Group 2A</b> (All White Belts & Yellow Belts 2 stripes & below - 11 & under) 3:15-4p	<b>Group 2A</b> (All White Belts & Yellow Belts 2 stripes & below - 11 & under) 3:30-4:15p	<b>Group 2A &amp; 2B</b> (All Belt Levels) 3:30-4:15p	<b>Group 3 &amp; 4</b> (Yellow Belt & above - 12 & under) 4-4:45p	<b>Group 1</b> (All Belts - 6 & under) 9-9:30a	<b>Group 6</b> (All Belts - Adult/Teen) Karate/Fitness Conditioning 6-7p
<b>Group 3</b> (White-Gold Belts - 12 & under) 3:30-4:15p	<b>Group 2B</b> (Yellow Belts 3 stripes & above - 11 & under) 4-5p	<b>Group 3</b> (White-Gold Belts - 12 & under) 3:30-4:15p	<b>Group 3</b> (White-Gold Belts - 12 & under) 4:15-5p	<b>Future Leaders Class</b> (Groups 4 & 5 - 11 yrs old & up) 4:45-5:45p	<b>Group 2A &amp; 2B</b> (All Belt Levels) 9:30-10:10a	
<b>Group 4</b> (Gold-Purple-Green - 8-12 yr olds) <b>Group 5</b> (Blue-Red-Brown-Black) 4:15-5p	<b>Sparring 1</b> (Groups 2-5 - Yellow Belt & above - 11 & under) 4-5p	<b>Group 2B</b> (Yellow Belts 3 stripes & above - 11 & under) 4:15-5p	<b>Group 4</b> (Gold-Purple-Green - 8-12 yr olds) 4:15-5p	<b>Advanced/ Black Belt Training</b> 5:45-6:25p	<b>Group 3 &amp; 4</b> (All Belt Levels) 10:10-10:50a	
<b>Group 2B</b> (Yellow Belts 3 stripes & up - 11 & under) 5-5:45p	<b>Group 3</b> (White-Gold Belts - 12 & under) 5-6p	<b>Group 4</b> (Gold-Purple-Green - 8-12 yr olds) 5-5:45p	<b>Group 5</b> (Blue-Red-Brown-Black) 5-5:45p	<b>Sparring 1</b> (Groups 2-5 - Yellow Belt & above - 11 & under) 6-7p		
<b>Kids Jiu-Jitsu</b> (6 ½ - 12 yrs old) 5-6p	<b>Sparring 2</b> (Groups 2-5 - Yellow Belt & above - 12 & up) 5-6:30p	<b>Group 5</b> (Blue-Red-Brown-Black) 5:45-6:30p	<b>Kids Jiu-Jitsu</b> (6 ½ - 12 yrs old) 5-6p	<b>Sparring 2</b> (Groups 2-5 - Yellow Belt & above - 12 & up) 7-8:30p		
<b>Group 6</b> (All Belts - Adult/Teen) 5:45-6:30p	<b>Jiu-Jitsu</b> (Teen/Adult) 6-7p	<b>FCC</b> (Muay Thai/Conditioning/ Boxing) 6:30-7:30p	<b>Elite Group Training</b> 5:45-6:30p			
<b>FCC</b> (Muay Thai/Conditioning/Boxing) 6-7:30p	<b>Group 6</b> (All Belts - Adult/Teen) 6-6:45p	<b>Group 6</b> (All Belts - Adult/Teen) 7:30-8:30p	<b>Jiu-Jitsu</b> (Teen/Adult) 6:30-7:30p			
<b>Cardio Karate</b> 6:30-7:30p	<b>Cardio Karate</b> 7-8p		<b>Cardio Karate</b> 7-8p			
	<b>Black Belt Training</b> 7:15-9p					



1504 Fitzgerald Dr., Pinole, Ca 94564  
Ph.510-724-1951  
DumlaoKarate@aol.com  
www.DumlaoMartialArts.com