



# AMA BLACK BELT ACADEMY



## Class Schedule

Try it out! Schedule your 1st FREE class! ★ Unlimited Classes ★ Drop-in Scheduling

LIMITED PROGRAMS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 weeks/\$55 Introductory Offer	5:00 – 5:45		5:00-5:45			Must Present Coupon
\$99 BASIC LIMITED LIMITED: 3X a week only	5:00 – 5:45	5:00-5:45	5:00-5:45	5:00-5:45	5:00-5:45	Pick Your 3 Days

STARZ UNLIMITED	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lil' Ninja's & Jr. Ninja's 4 & 5 yrs. old	5:00 – 5:30	5:00 – 5:30	All Ranks 5:00-5:30	5:00 – 5:30	All ranks 5:00-5:30	All Ranks 10:00-10:30
Starz Beginner Team (White, Yellow, Sr. Yellow) Ages 6 – 12 yrs. old	5:00 – 5:45	5:00 – 5:45	All ranks 5:00-5:45	5:00 – 5:45	All ranks 5:00-5:45	All Ranks 10:00-10:45
Starz Intermediate Team (Jr. Green – Sr. Blue) Ages 6 - 12 yrs. old	5:00 – 5:45	5:00 – 5:45	All Ranks 5:00-5:45	5:00-5:45	All ranks 5:00-5:45	All Ranks - 10:00-10:45 Sparring: 11:00-12:00
Starz Advanced Team (Jr. Red – Black Belt) Ages 6 - 12 yrs. old	6:00 – 6:45	6:00 - 6:45	All Ranks 5:00-5:45	6:00 – 6:45	All Ranks 5:00-5:45	All Ranks - 10:00-10:45 Sparring: 11:00-12:00
Starz Leadership Team Teen/Family/Adult Class (All Ranks) Ages 13 yrs. old - Adult	7:00-7:45	7:00-7:45	All Ranks 5:00-5:45	7:00-7:45	All Ranks 5:00-5:45	All Ranks - 10:00-10:45 Sparring: 12:00-1:00
Starz Black Belt Leadership Team Black Belt Only (Black/White & Above)			5:45 – 6:30		5:45 – 6:30	Sparring: 12:00-1:00
PRO-CORE TRAINING FITNESS	9:00 am	7:45 pm	9:00 am	7:45 pm		\$60 a month Unlimited Membership

**ON-TIME POLICY: No Lesson Credit Will Be Given To Students Arriving Late For A Lesson.**