

## W8th Studio Schedule

Time	Mon	Tues	Wed	Thu	Fri
4:15 PM	Lil' Ninjas/Kids Beginners /Kids Intermediate				
5:15 PM	Kids Advance	Youth/Adult Beg / Int 13 yrs+	Kids Advance	Youth/Adult Beg / Int 13 yrs+	<b>Weapons Training</b>
6:15 PM	Youth/Adult Beg / Int 13 yrs+	<b>Master's Club</b>	Youth/Adult Beg / Int 13 yrs+	<b>HPST (6:30-8:30)</b>	Youth/Adult Beg / Int 13 yrs+ <b>Sparring</b>
Advance: Red, Black Stripe, Black		Master's Club: 2 <sup>nd</sup> Dan +		HPST (Supplementary & Restricted Course)	

Time	Sat	Sun
11:00 AM	Lil' Ninjas Family & Kids Beginners & Intermediate	
12:00 PM	Youth/Adult Beg/Int 13yrs+	
1:00 PM	<b>HPST</b>	<b>Demo / Poomsae Team</b>
2:00 PM		
Poomsae Training Team (Supplementary & Restricted Course)		

## BJJ Schedule

Time	Mon	Wed	Fri
5:15 PM	BJJ Kids	BJJ Kids	BJJ Kids
6:30 PM	BJJ Adults (Self- Defense)	BJJ Adults (Beg & Int)	BJJ Adults (Beg & Int)



Note: Schedules are subject to change. Members may need to confirm the schedule before attending class on belt testing weekend and holidays.