

effective **May 21st 2018**

Key: **A** = Curriculum/Testing Material (classes where students earn a tip)

B = Martial Skills & Drills (mainly) (students may also earn a tip)

C = Cool Specialty Classes! (weapons, nun-chux, sparring, etc!) *only for Black Belt Club members*

Mondays						
Dragon Floor				Tiger Floor		
5:30-6	A	Lime thru 1R Belt Kids	ED			
6-6:30	A	1st Degree Black Belt Kids (L10)	ED/AO			
6:30-7	A	White, Yellow, Orange Belt Kids	AO/HT			
7-8p	A/B	Adults/Teens	AO			
Tuesdays						
Dragon Floor				Tiger Floor		
5-5:30	C	<u>Warrior Class</u> (Skills, Drills, Kicks and Weapons such as: chux, fan, kama, bo, sword, escrima)	TO/IS			
5:30-6:05	C	<u>Tumbling/Body Awareness</u> - stretches, body awareness drills, cartwheels, handstands, rolls, flips	BS/TO/SC			
6:10-6:40	A	Lime thru 1R Belt Kids	MS/IS	6:00-6:45	After School Elementary Program (for local schools;this may switch floors due to capacity)	TO
6:40-7:15	A	1st Degree Black Belt Kids (L10)	SC/IS	6:45-7:15	White, Yellow, Orange Belt Kids (Skills & Drills)	AO
7:15-7:45	C	Kids Sparring** (All BBC & up)	SC	7:15-7:45	C Adult Future Instructors & Instructors	AO
7:45-8:45	A/B	Adults/Teens	JB/AO	8:30-8:45	C Adults: Intense Apps (back of Dragon floor)	JB
8:45-9:15	C	Adult / Teen Sparring Class				
Wednesdays						
Dragon Floor				Tiger Floor		
4:30-5:15		<u>Adult Fitness Class</u> (students:FREE, non-students-\$3/class)	TO			
5:20-5:50	C	<u>Tournament Training and Creative Form & Weapons</u> with: Mr Burns & Miss Campbell!	EB	5:30-6	A White, Yellow, Orange Belt Kids	TO/NB
5:50-6:20	C	<u>Board Breaking & Trick Kicks!</u> with Trick Kicker Mr Logan Burns!	LB	6-6:30	Women's Class (adults/teens only)	TO
6:20-6:50	A	Lime thru 1R Belt Kids	TO	6:30-7	Lil Dragons Class (3yr - 4/5 yr olds)	AO
6:50-7:30	C	<u>MPower Class</u> responsible Black Belt children (please ask M/M Opp), BBC Teens, & BBC Adults	EB/LB	7-7:30	A 1st Degree Black Belt Kids (L10)	AO
7:30-8:30	A/B	Adults/Teens	AO/TO	Schedule is subject to change.		

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Thursdays

<i>Dragon Floor</i>				<i>Tiger Floor</i>			
5:30-6	B	All Lime thru 1R Black and ALL Black Belt Kids (Skills & Drills)	EB?				
6-6:30	B	White, Yellow, Orange belt Kids (Skills & Drills)	TO NB				
6:30-7:30	A/B	Adults/Teens	TO	6:30-7	A	1st Degree Black Belt Kids (L10)	LB
8p-9p	C	Maududo Federation Instructor Class					

Fridays*

<i>Dragon Floor</i>				<i>Tiger Floor</i>			
4:15-4:45	C	<u>Leadership Class</u> (ages 6-16) All BBC members who are Red Belt or higher (Skills, Drills, Leadership & Boards)	SC	4:15-4:45	B	White thru Purple Belt Kids (Skills & Drills)	TO
4:45-5:15*	A	Lime thru 1R Belt Kids	SC	4:45-5:15*	A	White, Yellow, Orange belt Kids	TO

*(we will leave the parking lot Fri before sundown, respecting our landlord's Sabbath thru Sat sundown)

private lessons w/various Instructors are available during the week, check with the Desk Staff