

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	<b>A</b>	Lime thru 1R Belt Kids	O				
6-6:30	<b>A</b>	1st Degree <b>Black Belt</b> Kids (L10)	O				
6:30-7	<b>A</b>	White, Yellow, Orange Belt Kids	O				
7-8p	<b>A/B</b>	Adults/Teens	O				
Tuesdays							
Dragon Floor				Tiger Floor			
5-5:30	<b>C</b>	Warrior Class (Skills, Drills, Kicks and Weapons such as: chux, fan, kama, bo, sword, escrima)	TO	4:45-5:15	<b>B</b>	White, Yellow, Orange Belt Kids (Skills & Drills)	AO
5:30-6:05	<b>C</b>	Tumbling/Body Awareness - stretches, body awareness drills, cartwheels, handstands, rolls, flips	LK TO	5:20-6:00		After School <b>Elementary</b> Program (for local schools;this may switch floors due to capacity)	AO
6:10-6:40	<b>A</b>	Lime thru 1R Belt Kids	MS				
6:40-7:15	<b>A</b>	1st Degree <b>Black Belt</b> Kids (L10)	SC				
7:15-7:45	<b>C</b>	Kids Sparring** (All BBC & up)	SC	7:15-7:45	<b>C</b>	Adult Future Instructors & Instructors	TO
7:45-8:45	<b>A/B</b>	Adults/Teens	JB TO	8:30-8:45	<b>C</b>	Adults: Intense Apps (back of Dragon floor)	JB
8:45-9:15	<b>C</b>	Adult / Teen <b>Sparring</b> Class					
Wednesdays							
Dragon Floor				Tiger Floor			
4:30-5:15		Adult Fitness Class (students:FREE, non-students-\$3/class)	TO				
5:20-5:50	<b>C</b>	Tournament Training and Weapons Tricks with tricker: Mr Eddie Burns!	EB	5:20-5:50		Lil Dragons Class (3yr - 4/5 yr olds)	AO
5:50-6:20	<b>C</b>	Board Breaking & Trick Kicks! with Trick Kicker Mr Logan Burns!	LB	5:50-6:20	<b>A</b>	White, Yellow, Orange Belt Kids	TO
6:20-6:50	<b>A</b>	Lime thru 1R Belt Kids	AO	6:25-7	<b>A/B</b>	Women's Class (adults/teens only)	TO
6:50-7:30	<b>C</b>	<b>MPower</b> Class responsible Black Belt children (please ask M/M Opp), BBC Teens, & BBC Adults	EB LB	7-7:30	<b>A</b>	1st Degree <b>Black Belt</b> Kids (L10)	AO
7:30-8:30	<b>A/B</b>	Adults/Teens	TO	Schedule is subject to change.			

## Thursdays

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

## Fridays\*

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

\*(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