

# Sunnyvale Martial Arts Academy as of 2018

	Monday				Tuesday				Wednesday				Thursday				Friday				Saturday			
	Floor 1	Floor 2	Floor 3	Floor 4	Floor 1	Floor 2	Floor 3	Floor 4	Floor 1	Floor 2	Floor 3	Floor 4	Floor 1	Floor 2	Floor 3	Floor 4	Floor 1	Floor 2	Floor 3	Floor 4	Floor 1	Floor 2		
11:30 To 12:00					LITTLE DRAGONS 11:30 am- 12:00 pm								LITTLE DRAGONS 11:30 am- 12:00 pm											
12:00 to 12:45	ADULTS Open Mat				ADULTS Mixed				ADULTS Open Mat				ADULTS Mixed											
3:00 to 3:45	LITTLE DRAGONS 3:15 pm- 3:45 pm		Gold & Above	ALL BLACK BELTS	LITTLE DRAGONS 3:15 pm- 3:45 pm		Gold & Above	ALL BLACK BELTS	LITTLE DRAGONS 3:15 pm- 3:45 pm		Gold & Above	ALL BLACK BELTS	LITTLE DRAGONS 3:15 pm- 3:45 pm		Gold & Above	ALL BLACK BELTS								
3:45 to 4:30	KIDS White Orange	KIDS Gold Green	ALL BLACK BELTS	ALL BLACK BELTS	KIDS Purple	KIDS Blue	KIDS Brown	KIDS Red	KIDS White Orange	KIDS Gold Green	ALL BLACK BELTS	ALL BLACK BELTS	KIDS Purple	KIDS Blue	KIDS Brown	KIDS Red	KIDS White Orange	KIDS Gold Green	KIDS Brown	KIDS Brown	KIDS Red	KIDS Red		
4:30 to 5:15	KIDS Purple	KIDS Blue	KIDS Brown	KIDS Brown	KIDS White Orange	KIDS Gold Green	ALL BLACK BELTS	ALL BLACK BELTS	KIDS Purple	KIDS Blue	KIDS Brown	KIDS Brown	KIDS White Orange	KIDS Gold Green	ALL BLACK BELTS	ALL BLACK BELTS	KIDS Purple	KIDS Blue	KIDS Red	KIDS Red				
5:15 to 6:00	KIDS White Orange	KIDS Gold Green	TEENS Red	KIDS Red	KIDS Purple	KIDS Blue	TEENS Brown	KIDS Brown	KIDS White Orange	KIDS Gold Green	TEENS Red	KIDS Red	KIDS Purple	KIDS Blue	TEENS Brown	KIDS Brown	TEENS Mixed	ADULTS Mixed	1ST DEG CAND	1ST DEG CAND	ALL BLACK BELTS	BLACK BELTS Grappling		
6:00 to 6:45	KIDS Purple	KIDS Blue	TEENS Brown	KIDS Brown	KIDS White Orange	KIDS Gold Green	TEENS Red	KIDS Red	KIDS Purple	KIDS Blue	TEENS Brown	KIDS Brown	KIDS White Orange	KIDS Gold Green	TEENS Red	KIDS Red	2ND DEG & ABOVE BLACK BELTS	2ND DEG CAND	1ST DEG BLACK BELTS	1ST DEG BLACK BELTS				
6:45 to 7:30	KIDS White Orange	KIDS Gold Green	1ST DEG CAND	1ST DEG CAND	KIDS Purple	KIDS Blue	1ST DEG BLACK BELTS	2ND DEG CAND	KIDS White Orange	KIDS Gold Green	1ST DEG CAND	1ST DEG CAND	KIDS Purple	KIDS Blue	1ST DEG BLACK BELTS	2ND DEG CAND								
7:30 to 8:15	TEENS ADULTS Mixed	ALL Red	ALL BLACK BELTS	ALL BLACK BELTS	TEENS ADULTS Mixed	KIDS Brown	2ND DEG & ABOVE BLACK BELTS	3RD DEG & ABOVE CAND	TEENS ADULTS Mixed	ALL Red	ALL BLACK BELTS	ALL BLACK BELTS	TEENS ADULTS Mixed	KIDS Brown	2ND DEG & ABOVE BLACK BELTS	3RD DEG & ABOVE CAND								
8:15 to 9:00	ADULTS Mixed	ADULTS Mixed	2ND & 3RD CAND Open Forms	2ND & 3RD CAND Open Forms	2ND & 3RD CAND Open Forms	ALL Red	ADULTS Mixed	ADULTS Mixed	ADULTS Mixed	ADULTS Mixed	2ND & 3RD CAND Open Forms	2ND & 3RD CAND Open Forms	2ND & 3RD CAND Open Forms	ALL Red	ADULTS Mixed	ADULTS Mixed								

**Little Dragons** 3-5 years  
**Kids** 5-12 years  
**Teens** 13-17 years  
**Adults** 18+ years

**Beginning** White, Orange & Gold  
**Intermediate** Green, Purple, Blue & Blue I  
**Advanced** Brown, Brown I, Red, Red I, Red/Black & Black

**Mixed All Belt Levels**  
**Black Belt** 1st, 2nd, 3rd, 4th, etc.