



SUNNYVALE MARTIAL ARTS ACADEMY

CLASS SCHEDULE

BELT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LITTLE DRAGON	3:00	4:00	3:00	4:00	4:00	9:00
WHITE	3:00 3:45 5:15 6:45	3:00 4:30 6:00	3:00 3:45 5:15 6:45	3:00 4:30 6:00	3:00	9:00
ORANGE	3:00 3:45 5:15 6:45	3:00 4:30 6:00	3:00 3:45 5:15 6:45	3:00 4:30 6:00	3:00	9:00
GOLD	3:00 3:45 5:15 6:45	3:00 4:30 6:00 6:45	3:00 3:45 5:15 6:45	3:00 4:30 6:00 6:45	3:00	9:00
GREEN	3:00 3:45 5:15 6:45	3:00 4:30 6:00 6:45	3:00 3:45 5:15 6:45	3:00 4:30 6:00 6:45	3:00	9:00
PURPLE	3:00 4:30 6:00	3:00 3:45 5:15	3:00 4:30 6:00	3:00 3:45 5:15	3:45	9:45
BLUE	3:00 4:30 6:00	3:00 3:45 5:15	3:00 4:30 6:00	3:00 3:45 5:15	3:45	9:45
BLUE 1	3:00 4:30 6:00	3:00 3:45 5:15	3:00 4:30 6:00	3:00 3:45 5:15	3:45	9:45
BROWN	3:00 3:45 7:30	3:00 4:30 6:45	3:00 3:45 7:30	3:00 4:30 6:45	4:30	10:30
BROWN 1	3:00 3:45 7:30	3:00 4:30 6:45	3:00 3:45 7:30	3:00 4:30 6:45	4:30	10:30
RED	3:00 4:30 6:45 7:30	3:00 4:30 5:15 6:45	3:00 4:30 6:45 7:30	3:00 4:30 5:15 6:45	4:30	10:30
RED 1 & RED/BLACK	3:00 4:30 6:45	3:00 4:30 5:15 6:45	3:00 4:30 6:45	3:00 4:30 5:15 6:45	4:30	10:30
MIXED TEENS	6:00	6:00	6:00	6:00	6:00	12:00
MIXED ADULTS	6:00	12:00 6:00	6:00	12:00 6:00	6:00	12:00
1ST DEGREE CANDIDATES	6:45		6:45		4:30	9:45
1ST DEGREE	5:15 7:30	3:45 7:30	5:15 7:30	3:45 7:30	5:15	11:15
2ND DEGREE CANDIDATES		7:30		7:30	5:15	11:15
2ND DEGREE	5:15 7:30	3:45 7:30	5:15 7:30	3:45 7:30	5:15	11:15
3RD DEGREE CANDIDATES		7:30		7:30	5:15	11:15
MASTERY (3rd & Above)	7:30	7:30	7:30	7:30	5:15	11:15
DEMO TEAM Invite Only						12:00
JIU JITSU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TEEN JIU JITSU CLASS (13+)		6:45		6:45	6:00	12:00
ADULT JIU JITSU CLASS (18+)	7:30	7:30	7:30	7:30	7:00	
TRICKING	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TAE KWON DO BLACK BELTS		6:45		6:45	6:00	

IN PERSON CLASSES

Belt Level (Tae Kwon Do)	Duration	Belt Level (Jiu Jitsu & Tricking)	Duration
Little Dragons	30 min	Teens Jiu Jitsu	45 min
Color Belts	45 min	Tricking	45 Min
Teens/Adults, Black Belts & Candidates	45 Min	Adult Jiu Jitsu	1.5 hr
DEMO TEAM			

NOTE: Schedule times subject to change

Jan-23