

SUNNYVALE MARTIAL ARTS ACADEMY

CLASS SCHEDULE 2019

| BELT | MON | TUE | WED | THUR | FRI | SAT |
|--------------------------------|---|--|---|--|--------------|--|
| LITTLE DRAGONS | 3:15 | 3:15 | 3:15 | 3:15 | | 10:30 AM |
| WHITE | 3:45 5:15 6:45 | 4:30 6:00 | 3:45 5:15 6:45 | 4:30 6:00 | 3:45 | 9:00AM |
| ORANGE | 3:45 5:15 6:45 | 4:30 6:00 | 3:45 5:15 6:45 | 4:30 6:00 | 3:45 | 9:00AM |
| GOLD | 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 | 3:45 | 9:00AM |
| GREEN | 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 | 3:45 | 9:00AM |
| PURPLE | 3:00 4:30 6:00 | 3:00 3:45 5:15 6:45 | 3:00 4:30 6:00 | 3:00 3:45 5:15 6:45 | 4:30 | 9:45AM |
| ALL BLUE | 3:00 4:30 6:00 | 3:00 3:45 5:15 6:45 | 3:00 4:30 6:00 | 3:00 3:45 5:15 6:45 | 4:30 | 9:45AM |
| ALL BROWN | 3:00 4:30 6:00 | 3:00 3:45 5:15 7:30 | 3:00 4:30 6:00 | 3:00 3:45 5:15 7:30 | 3:45 | 9:00AM 9:45AM ADV Sparring |
| ALL RED | 3:00 5:15 7:30 | 3:00 3:45 6:00 8:15 | 3:00 5:15 7:30 | 3:00 3:45 6:00 8:15 | 4:30 | 9:00AM 9:45AM ADV Sparring |
| TEENS 13-17 YRS | 3:00Mixed 5:15 Red 6:00 Brown 7:30 Mixed | 3:00 Mixed 5:15 Brown 6:00 Red 7:30 Mixed 8:15 Red | 3:00Mixed 5:15 Red 6:00 Brown 7:30 Mixed | 3:00 Mixed 5:15 Brown 6:00 Red 7:30 Mixed 8:15 Red | 5:15 Mixed | 9:45AM ADV Sparring Brown & Above 10:30AM Mixed |
| ADULTS* 18+ YRS MIXED | 12:00 Open Mat 7:30 8:15 | 12:00 7:30 8:15 | 12:00 Open Mat 7:30 8:15 | 12:00 7:30 8:15 | 5:15 | 9:45AM ADV Sparring Brown & Above 10:30AM |
| 1ST DEGREE CANDIDATES | 6:45 | | 6:45 | | 5:15 | 11:15 AM |
| 1ST DEGREE BLACK BELTS | 3:00 3:45 7:30 | 3:00 4:30 6:45 | 3:00 3:45 7:30 | 3:00 4:30 6:45 | 5:15 6:00 | 9:45AM ADV Sparring 10:30 AM |
| 2ND DEGREE CANDIDATES | 8:15 Open Forms | 6:45 8:15 Open Forms | 8:15 Open Forms | 6:45 8:15 Open Forms | 6:00 | 11:15 AM |
| 2ND DEGREE BLACK BELTS | 3:00 7:30 | 3:00 7:30 | 3:00 7:30 | 3:00 7:30 | 6:00 | 9:45AM ADV Sparring 10:30 AM |
| 3RD DEGREE & ABOVE CANDIDATES | 8:15 Open Forms | 7:30 8:15 Open Forms | 8:15 Open Forms | 7:30 8:15 Open Forms | 6:00 | 11:15 AM |
| 3RD DEGREE & ABOVE BLACK BELTS | 3:00 7:30 8:15 | 3:00 7:30 8:15 | 3:00 7:30 8:15 | 3:00 7:30 8:15 | 6:00 | 9:45AM ADV Sparring 10:30 AM |

NOTE: Schedule times subject to change without notice. *Adults may also attend all teen classes

ADV: Advanced - Brown & Above

Aug2019