



# Training Schedule

Effective: August 12<sup>th</sup>, 2018

**Please Note!**  
White – Green Belt Students  
are only permitted to attend  
1 Training Session per day

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>4:30pm To 5:10pm</b>	All Belt Kids (Ages 4-9)	All Belt Kids (Ages 4-9)	All Belt Kids (Ages 4-9)	All Belt Kids (Ages 4-9)		<b>9:00am-10:00am</b> Review Class (Rec. BB & Above)
<b>5:15pm To 6:00pm</b>	Beginner (Ages 4–11)	Intermediate / Advanced (All Ages)	Beginner (Ages 4–11)	Intermediate / Advanced (All Ages)	All Belt (All Ages)	<b>10:00am – 10:50am</b> Leadership Team Blue Belt & Above (must attend to assist with Classes)
<b>6:00pm To 7:00pm</b>	Intermediate /Advanced (All Ages)	Beginner (All Ages)	Intermediate / Advanced (All Ages)	Beginner (All Ages)	Sparring Class (Yellow 1 <sup>st</sup> & Above) <u>You</u> Must Bring Gear	<b>11:00am – 11:45am</b> All Belt (All Ages)
<b>7:00pm To 8:00pm</b>	<b>Advanced / Elite</b> (Rec. BB & Above)	All Belt Adult (Ages 10 & Above)	All Belt Adult (Ages 10 & Above)	All Belt Adult (Ages 10 & Above)	Demo Team	

**Birthday Parties!**  
We have the most EPIC parties!  
Members Receive **\$50.00 off**  
**3 Different Party Themes**  
We Do ALL Of The Set-Up And Clean-Up!  
We Run The Party!  
**You Have The FUN!**



**Important Notes!**

Recommendation Belts: Please Attend The Class That Will Teach The Curriculum You Need.  
• White – Green Belts: Beginner Class, Green 1<sup>st</sup> & Up: Intermediate/Advanced Class, Rec. BB & Up: Advanced/Elite  
DEMO TEAM: Is a Special Training Class. If You Would Like To Attend, Please Ask Your Head Instructor.  
Leadership: All Students Blue Belt & Above Are Encouraged To Join Leadership