



AMA BLACK BELT ACADEMY

Class Schedule



Try it out! Schedule your 1st FREE class! ★ Unlimited Classes ★ TaekwonDo & Hapkiyoosool Classes

UNLIMITED PROGRAM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Ninja Beginner (Jr. Belt Program) Ages 3 - 6 yrs. old	5:30 – 6:15	5:30 – 6:15	<u>All Ranks</u> 5:30 - 6:15	<u>All Ranks</u> 5:30 - 6:15	<u>All Ranks</u> 5:30 – 6:15	Special Events
Beginner Team (White, Yellow, Sr. Yellow) Ages 6 – 11 yrs. old	5:30 – 6:15	5:30 – 6:15	<u>All Ranks</u> 5:30 – 6:15	<u>All Ranks</u> 5:30 – 6:15	<u>All Ranks</u> 5:30 – 6:15	Special Events
Intermediate Team (Jr. Green – Sr. Blue) Ages 6 - 11 yrs. old	5:30 – 6:15	5:30 – 6:15	<u>All Ranks</u> 5:30 – 6:15	<u>Sparring</u> 6:15 – 7:30	<u>All Ranks</u> 5:30 – 6:15	Special Events
Advanced Team (Jr. Red – Black Belt) Ages 6 - 12 yrs. old	6:15 – 7:00	6:15 – 7:00	<u>All Ranks</u> 5:30 – 6:15	<u>Sparring</u> 6:15 – 7:30	<u>All Ranks</u> 5:30 - 6:15	Special Events
Black Belt Leadership Team Black Belt Only (Black/White Belt & Above)	7:00 – 7:45	•••••	6:15 – 7:30	<u>Sparring</u> 6:15 - 7:30	•••••	Special Events
Hapkiyoosool Ages 8 – Adult Grand Master Roser	7:45	7:00	7:30	7:30	6:15	Special Events