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## CLASS SCHEDULE

CLASS	MON	TUES	WEDS	THURS	FRI	SAT
<b>MARTIAL ARTS PROGRAMS 45 mins</b>						
After School Martial Arts Program – Limited Enrollment						
<b>LIL' CUBS</b> (Pre-school ages children, 3-4 year olds)	5:15 pm		5:15 pm			
<b>TIGERS</b> (4-6 year old Beginners)	5:45 pm	5:15 pm	5:45 pm	5:15 pm		
<b>BIG TIGERS</b> (5-6 year olds, ADVANCED beginners)		5:45 pm		5:45 pm		
<b>MAKE-UP CLASS - TIGERS</b> (4-6 year olds, all levels)					5:45 pm	
<b>FRESHMEN</b> (7-11 year old Beginners)	6:30 pm	4:15 pm	6:30 pm	4:15 pm		
<b>SOPHOMORES</b> (Orange - Adv. Purple Belts)	4:15 pm	6:30 pm	4:15 pm	6:30 pm		
<b>JUNIORS</b> (Blue – Adv. Green Belts)	7:15 pm	5:00 pm	7:15 pm	5:00 pm		
<b>SENIORS</b> (Brown - Brown/Black Belts)	6:45 pm	6:00 pm	6:45 pm	6:00 pm		
<b>BLACK BELTS</b>	6:00 pm	7:15 pm	6:00 pm	7:15 pm		
<b>MAKE-UP CLASS – Fresh &amp; above</b> (7+ years, ALL levels)					6:30 pm	
<b>ADULT PROGRAMS 45 mins</b>						
<b>TEENS &amp; ADULTS</b> (12+ years)	8:00 pm	6:45 pm	8:00 pm	6:45 pm		
<b>FILIPINO MARTIAL ARTS –</b> Senkotiros		7:30 pm		7:30 pm		
<b>BLACK BELT CLUB MEMBERS ONLY 45 mins</b>						
<b>Black Belt Club Forms/ Weapon Training</b>			5:00 pm		5:00 pm	
<b>Black Belt Club Elite Demo Team</b>					5:45 pm	
<b>Black Belt Club Sparring</b>	5:00 pm				6:30 pm	
<b>Black Belt Club Elite Leadership</b>					7:15 pm	

### Students Are Expected To:

1. Arrive 10-15 minutes prior to scheduled class
2. Attend one "A" and one "B" day per classes, except Lil Cubs
3. Pull Attendance card before class
4. Keep uniform neat, clean and odor-free
5. Show respect to all INSTRUCTORS and students
6. Always be well-mannered and behave properly
7. Quietly prepare for class (Do not disturb the class in session)
8. Attend class on a regular and consistent basis
9. Make sure you make up all missed classes
10. Show effort and a 110% positive attitude in class
11. Practice and exercise at home for better results
12. Memorize and live by the Student Pledges
13. Develop & Maintain a positive, well-disciplined attitude
14. COMPLETE Uniform must be worn during Tip & Belt Testing

### SCHEDULE NOTE:

1. Tip testing is every 2<sup>nd</sup> full "B" day of each month
2. Schedule may change due to special events.