



CLASS SCHEDULE



TIME	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Saturday
						11:00 AM	Children/Adult All Levels
4:00 PM	Children All Levels	Children Beginners	Children Sparring	Children Beginners	Children Test Review	12:00 PM	Children/Adult Sparring
4:45 PM	Children All Levels	Children Test Review		Children All Levels	Children All Levels	1:00 PM	Demo Team Training
5:30 PM	Family All Levels	Family All Levels	Family Test Review	Family All Levels	Family All Levels	2:00 PM	Children/Adult Beginners
6:30 PM	Adult Test Review	Adult All Levels	Adult Sparring	Adult All Levels	Adult All Levels	3:00 PM	Children/Adult Test Review
7:30 PM	Adult All Levels	Adult Beginners		Adult Beginners	Adult Test Review	4:00 PM	*BBP Seminar

- ◆ **Beginners:** Paced for White Belts and Yellow Stripes
- ◆ **All Levels:** General Training and Improvements of Techniques
- ◆ **Sparring:** Non-Contact, Light Contact and Full Ranged Contact of Techniques
- ◆ **Test Review:** Dedicated for Learning New Techniques and Preparing for Testing
- ◆ **BBP Seminar:** Specialized Weekly Seminars for Members in the Accelerated Program (BBP)

Hours of Operation:
 Monday – Friday 3:30 PM – 9:00 PM
 Saturday 10:30 AM – 5:30 PM
 Sunday Closed
 Classes and times may be subject to change

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