

Weekly Class Schedule

Which class should I attend?
Basic: White uniforms White belt levels
Weapons and Life Skills Training All students working towards black belt (levels 1 – 4)
Leadership 1: Blue uniforms Low Yellow – High Orange Belt
Leadership 2: Red uniforms Low Green – High Blue Belt
Leadership 3: Grey uniforms Low Purple – High Brown Belt
Leadership 4: Black uniforms Low Red – Black Belt levels

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3:00 – 3:45 pm Basic Class		3:00 – 3:45 pm Basic Class		3:00 – 3:45 pm Basic Class	10:30 – 11:15 am Level 3 & 4
3:45 – 4:30 pm Level 1 & 2	3:15 – 4:00 pm Basic Class	3:45 – 4:30 pm Level 1 & 2	3:15 – 4:00 pm Basic Class	3:45 – 4:30 pm Level 1 & 2	11:15 – 11:45 am Life Skills
4:30 – 5:00 pm Weapons	4:00 – 4:45 pm Level 1 & 2	4:30 – 5:00 pm Life Skills	4:00 – 4:45 pm Level 1 & 2	4:30 – 5:00 pm Weapons	11:45 – 12:30 pm Level 1 & 2
5:00 – 5:45 pm Level 3 & 4	4:45 – 5:15 pm Weapons	5:00 – 5:45 pm Level 3 & 4	4:45 – 5:15 pm Life Skills	5:00 – 5:45 pm Basic Class	12:30 – 1:15 pm Basic Class
5:45 – 6:30 pm Basic Class	5:15 – 6:00 pm Level 3 & 4	5:45 – 6:30 pm Basic Class	5:15 – 6:00 pm Level 3 & 4	5:45 – 6:30 pm Level 1 & 2	
6:30 – 7:15 pm Level 1 & 2	6:00 – 6:45 pm Basic Class	6:30 – 7:15 pm Level 1 & 2	6:00 – 6:45 pm Basic Class	6:30 – 7:00 pm Life Skills	
7:15 – 7:45 pm Weapons	6:45 – 7:30 pm Level 1 & 2	7:15 – 7:45 pm Life Skills	6:45 – 7:30 pm Level 1 & 2	6:30 – 7:45 pm Sparring	10:30 – 11:15 am Level 1 & 2
7:15 – 8:30 pm Level 3 & 4 & Adults	7:30 – 8:00 pm Weapons	7:15 – 8:30 pm Level 3 & 4 & Adults	7:30 – 8:00 pm Life Skills		11:15 – 11:45 am Weapons
	7:30 – 8:45 pm Level 3 & 4 & Adults		7:30 – 8:45 pm Level 3 & 4 & Adults		11:45 – 12:30 pm Basic

