

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Lil' Ninjas (ages 2-5)</b>	Beginner (White-Orange)		3:00-3:30		3:00-3:30		
			3:30-4:00		3:30-4:00		
			4:00-4:30		4:00-4:30		
	Advanced (Blue-Red)	3:00-3:30		3:00-3:30			
		3:30-4:00		3:30-4:00			
		4:00-4:30		4:00-4:30			
<b>Junior Karate Tang Soo Do (ages 6-12)</b>	White	4:40-5:25		4:40-5:25		4:40-5:25	
	Yellow-Purple		4:40-5:25		4:40-5:25		
	Orange-Blue	5:35-6:20			5:35-6:20		
	Green-Red		5:35-6:20		6:30-7:15		
	Forms Class (All Ranks)	6:20-7:00					
	Jr. Sparring/Self Defense					6:20-7:10	
<b>Adult Karate Tang Soo Do (ages 13+)</b>	All Ranks		7:15-8:05		7:15-8:05		
	Forms Class (All Ranks)	6:20-7:00					
	Adult Sparring/Self Defense					7:10-8:00	
<b>Krav Maga (ages 13+)</b>	White-Orange	7:10-8:00		7:10-8:00			
	Green-Brown	8:00-8:50		8:00-8:50			
	Adult Sparring/Self Defense					7:10-8:00	
<b>Brazilian Jiu Jitsu</b>	Kids BJJ (ages 6-12)						10:00-11:00
	Adult BJJ (ages 13+)		8:05-9:05		8:05-9:05		11:00-12:00
<b>BBS/MSTR Club</b>	Blackbelt Club					5:35-6:20	
	Blackbelt Team Workout			5:35-6:20			
	Blackbelt Class			6:20-7:10			
	Masters Club		6:20-7:10				

