



Class schedule

Class Name	Boxing/MT Sparring Monday	Boxing/MT Sparring Tuesday	S.D/MMA Grappling Wednesday	S.D/MMA Grappling Thursday	Boxing/MT Sparring Friday	S.D/MMA Grappling Saturday
Kiddie Karate	4:30pm	5:15pm	4:30pm	5:00pm	4:30pm	9:30am
Lil Ninja's	-----	7:30pm	-----	-----	-----	9:00am
Jrs. White	5:00pm	4:30pm	6:30pm	7:00pm	5:00pm	10:00am
Jrs Org/Yellow/Gold	5:45pm	6:30pm	5:00pm	7:00pm	5:45pm	10:00am
Jrs. Blue/Green/Purple	6:30pm	5:45pm	6:30pm	5:30pm	5:45pm	10:45am
Jrs. Red/Brn I/Brn II	6:30pm	5:45pm	6:30pm	5:30pm	5:45pm	10:45am
Adults White -Gold	6:30pm	7:15pm	7:15pm	5:30pm	6:30pm	10:45am
Adults Blue/Green/Purple	6:30pm	7:15pm	7:15pm	5:30pm	6:30pm	10:45am
Adults Red/Brn I/ Brn II	6:30pm	7:15pm	7:15pm	5:30pm	6:30pm	10:45am
Candidates/Phasers (3 classes per week)	7:15pm mandatory	5:45pm	8:00pm mandatory	6:15pm	-----	Test Days
Black Belts	7:15pm	8:00pm	8:00pm	6:15pm	-----	10:45am
Brazilian Jiu Jitsu	8:00pm (ALL)	-----	5:45pm (BBC Jrs)	8:00pm (ALL)	-----	-----
Adult MMA Day Classes (18 & over)	10:45am	-----	10:45am	-----	10:45am	-----
Krav Maga Class	-----	8:00pm	-----	7:00pm	-----	-----
Krav Maga Adult Day	10:00am	-----	10:00am	-----	-----	10:00am
KravFit Class (adults)	5:45pm	TBA	6:30pm	TBA	-----	-----
Staff Training	3:45pm	3:45pm	3:45pm	4:15pm	3:45pm	8:30am

Lil Ninja's are ages 3-5 (as per evaluation)
 Kiddie Karate are ages 5-7 (as per evaluation)
 Juniors are ages 7-12
 Adults are ages 13 + (except day classes 18 +)

Important Reminders

- Please help us maintain a learning environment and **keep all children QUIET.**
- **No jewelry permitted in classes for safety reasons** (leave your valuables home)
- Arrive 10-15 minutes early to warm up & stretch
- Obtain your attendance card before class (your responsibility)
- Come prepared with all necessary equipment, belt & uniform
- **Please silence all cell phones** and help avoid class distractions! (Use Phones Outside)

Effective January 19, 2015