

Multi Martial Arts Schedule

MONDAY

4:00pm - 4:50pm	Little Dragons
4:55pm - 5:45pm	Youth Intermediate
5:50pm - 6:40pm	Youth Novice
6:45pm - 7:35pm	Youth Advanced
7:40pm - 8:30pm	Adult Advanced
8:35pm - 9:25pm	Black Belt

TUESDAY

9:00am - 10:00am	Healing Yoga w/Katie Smith
4:00pm - 4:50pm	Youth Novice
4:55pm - 5:45pm	Little Dragons
5:50pm - 6:40pm	Youth Intermediate
6:45pm - 7:35pm	Black Belt
7:40pm - 8:30pm	Adult Intermediate
8:35pm - 9:25pm	Adult Novice

WEDNESDAY

4:00pm - 4:50pm	Hyper Team
4:55pm - 5:45pm	Youth Intermediate
5:50pm - 6:40pm	Youth Novice
6:45pm - 7:35pm	Jitsu
7:40pm - 8:30pm	Adult Advanced
8:35pm - 9:25pm	Black Belt

THURSDAY

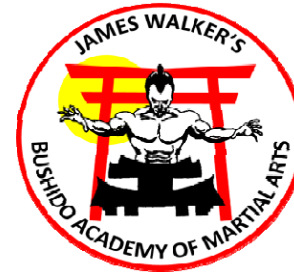
9:00am - 10:00am	Healing Yoga w/Katie Smith
4:00pm - 4:50pm	Youth Intermediate
4:55pm - 5:45pm	Hyper Team
5:50pm - 6:40pm	Youth Advanced
6:45pm - 7:35pm	Black Belt
7:40pm - 8:30pm	Adult Novice
8:35pm - 9:25pm	Adult Intermediate

FRIDAY

4:00pm - 4:50pm	Youth Advanced
4:55pm - 5:45pm	Little Dragons
5:50pm - 6:40pm	Jitsu
6:45pm - 7:35pm	Adult Novice
7:40pm - 8:30pm	Adult Intermediate
8:35pm - 9:25pm	Adult Advanced

SATURDAY

8:00am - 8:50am	Candidates
9:00am - 9:50am	Little Dragons
9:55am - 10:45am	Youth/Adult Novice
10:50am - 11:40am	Youth/Adult Intermediate
11:45am - 12:35pm	Youth /Adult Advanced
12:40pm - 2:40pm	Demo Team



NOVICE = White through Gold

INTERMEDIATE = Orange through Purple

ADVANCED = Brown

Effective October 1st, 2012

ADULT PEAK PERFORMANCE PROGRAMS

FITNESS WITH A PURPOSE



YOUTH ACHIEVEMENT PROGRAMS

SELF DISCIPLINE - FOCUS - RESPECT

Adult Novice Program (13+)

Tuesday 8:35pm – 9:25pm
Thursday 7:40pm – 8:30pm
Friday 6:45pm – 7:35pm
Saturday 9:55am – 10:45am

Adult Intermediate Program (13+)

Tuesday 7:40pm – 8:30pm
Thursday 8:35pm – 9:25pm
Friday 7:40pm – 8:30pm
Saturday 10:50am – 11:40am

Adult Advanced Program (13+)

Monday 7:40pm – 8:30pm
Wednesday 7:40pm – 8:30pm
Friday 8:35pm – 9:25pm
Saturday 11:45am – 12:35pm

Black Belts

Monday 8:35pm – 9:25pm
Tuesday 6:45pm – 7:35pm
Wednesday 8:35pm – 9:25pm
Thursday 6:45pm – 7:35pm

Little Dragon's Program (4-6)

Monday 4:00pm – 4:50pm
Tuesday 4:55pm – 5:45pm
Friday 4:55pm – 5:45pm
Saturday 9:00am – 9:50am

Youth Novice Program (7-12)

Monday 5:50pm – 6:40pm
Tuesday 4:00pm – 4:50pm
Wednesday 5:50pm – 6:40pm
Saturday 9:55am – 10:45am

Youth Intermediate Program (7-12)

Monday 4:55pm – 5:45pm
Tuesday 5:50pm – 6:40pm
Wednesday 4:55pm – 5:45pm
Thursday 4:00pm – 4:50pm
Saturday 10:50am – 11:40am

Youth Advanced Program (7-12)

Monday 6:45pm – 7:35pm
Thursday 5:50pm – 6:40pm
Friday 4:00pm – 4:50pm
Saturday 11:45am – 12:35pm

Specialty Classes

Candidates	Saturday	8:00am – 8:50am
Demo Team	Saturday	12:40pm – 2:40pm
Hyper Team	Wednesday Thursday	4:00pm – 4:50pm 4:55pm – 5:45pm
Jitsu	Wednesday Friday	6:45pm – 7:35pm 5:50pm – 6:40pm
Healing Yoga w/Katie Smith	Tuesday Thursday	9:00am – 10:00am 9:00am – 10:00am



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