



LESSON SCHEDULE

EFFECTIVE AUGUST 21, 2023

RANK/AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TIGER CUBS (4-5)	—	4:30-5:00pm	—	4:30-5:00pm	—	12:30-1:00pm
JUNIORS (6-11) White + Yellow Belts	4:30-5:10pm	6:00-6:40pm	4:30-5:10pm	6:00-6:40pm	—	11:30am-12:15pm
JUNIORS (6-11) Green Belts	4:30-5:10pm	6:45-7:25pm	5:20-6:00pm	5:10-5:50pm	4:30-5:10pm	11:30am-12:15pm
JUNIORS (6-11) Blue Belts	5:20-6:00pm	6:45-7:25pm	5:20-6:00pm	5:10-5:50pm	4:30-5:10pm	10:30-11:20am
JUNIORS (6-11) Brown + Red Belts	5:20-6:00pm	5:10-5:50pm	6:10-6:50pm	5:10-5:50pm	4:30-5:10pm	10:30-11:20am
JUNIORS (6-11) Black Belts	6:10-6:50pm	5:10-5:50pm	6:10-6:50pm	6:00-6:40pm	6:10-6:50pm	10:30-11:20am
TEENS (12-15) Color Belts	7:00-7:50pm	7:30-8:20pm	7:00-7:50pm	7:30-8:20pm	—	9:30-10:20am
TEENS (12-15) Black Belts	6:10-6:50pm	7:30-8:20pm	7:00-7:50pm	—	6:10-6:50pm	9:30-10:20am
ADULTS (16+) All Ranks	7:00-7:50pm	12:00-12:50pm 7:30-8:20pm	7:00-7:50pm	12:00-12:50pm 7:30-8:20pm	—	9:30-10:20am

INSTRUCTOR TRAINING

Thursdays at 6:45 - 7:25pm

XP TRAINING ON FRIDAYS

Group 1 - 5:20-6:00pm ■ Group 2 - 7:00-7:40pm

ON TIME POLICY

- Students should arrive 10 minutes before each lesson.
- Students arriving more than 10 minutes late will not be allowed to participate.
- Late students will not receive any lesson credit.

STEPS FOR SUCCESS

- Attend class 2-3 times per week
- Do practice sessions at home
- Do private lessons once per cycle.
Private lessons are available by appointment only.

Minimum lessons required per training cycle to qualify for belt testing:

Tiger-Cubs/White Belts

10

Yellow/Green/Blue Belts

12

Brown/Red/Black Belts

14

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