

*Class Schedule * Effective - January 3, 2022 to April 30, 2022 **

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>Afternoon & Evening Classes</i> ↓	Boxing & KickBoxing & Muay Thai (Gear Required)	Testing Preparation & Self Defense	Kicks & Kicking Combinations	Weapons (Staff & Sai) (Weapons Required)	Forms & Board Breaking	Sparring & Sparring Drills (Gear Required)
4:00 to 4:45	Jr Purple to Black	Jr White to Orange	Jr Green to Purple-1	Jr White to Orange (Non Weapons)	Jr White to Orange	<i>Morning Classes</i> ↓
4:45 to 5:30	Jr White to Yellow-1 (Non Gear)	Jr Green to Purple-1	Jr Blue to Black	Jr Green to Purple-1	Jr Green to Black	9:30 to 10:15 Pre-Teens & Teens Adults
5:30 to 6:15	Jr Orange to Green-1	Jr Blue to Black	Jr White to Orange	Jr Blue to Black	Pre-Teens & Teens Adults	10:15 to 11:00 Jr Yellow to Black
6:15 to 7:00	Pre-Teens & Teens	Pre-Teens & Teens	Pre-Teens & Teens	Pre-Teens & Teens		
7:00 to 7:45	Adults	Adults	Adults	Adults		

- **Green Belt** students & above are **Required** to bring all weapons (Staff & Sai) to **Thursday's** class.
- **Open Studio** is for White Belt students & above, all ages **Jr's/Pre-Teens/Teens/Adults**.
- **Pre-Teens & Teens** class is for White Belt students & above, ages **9 to 14** years old only.
- **All Students are Required** to attend at least **2 Sparring** classes per month consistently to qualify for the monthly "Graduation Ceremony", please bring gear to **Saturday's** class.
- *For Best Results:* Students should try to attend **2 to 3** days per week alternating.
- **Class Schedule** is subject to change every **4** months to accommodate changing number of students in the ranks after promotional exams, **January, May & September**.
- *Studio Hours:* Monday to Friday **7:00am to 3:00pm**, by Appointment only.
Monday to Thursday **3:00pm to 8:00pm**,
Friday **3:00pm to 6:30pm**, Saturday **9:30am to 11:00am**, Sunday Closed.
- *Graduation Ceremony:* January 29th, February 26th, March 26th, April 30th.
- *Time:* **10:00am Sharp to 11:30am** - **White Belt** to **Red Belt**.