

*Class Schedule * Effective - September 6, 2022 to December 23, 2022 **

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

- **Green Belt** students & above are **Required** to bring all weapons (Staff & Sai) to **Saturday'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.
- **Boxing** class on **Thursday's** is for Yellow Belt & above, need gloves to attend class. Gloves provided by the studio only.
- Students Yellow Belt & above are "**Required**" to attend at least **2 Sparring** classes per month consistently to qualify for the monthly "Graduation Ceremony", please bring gear to **Tuesday'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 **2:45pm to 8:00pm**, Friday **2:45pm to 6:30pm**, Saturday **9:15am to 11:00am**, Sunday Closed.
- *Graduation Ceremony:* September 24th, October 29th, November 12th, December 17th.
- *Time:* **10:00am Sharp to 11:30am** - **White Belt** to **Red Belt**. Please arrive at 9:45am.