

# Class Schedule \* Effective - September 1, 2023 to December 23, 2023 \*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Afternoon & Evening Classes ↓	Boxing & KickBoxing & Muay Thai	Kicking Combinations & Kicks	Weapons  * Green Belt & above Staff.  ** Blue Belt & above Sai.	Self-Defense & Board Breaking	Sparring & Sparring Drills & One-Step Sparring	Forms & Testing Preparation
3:45 to 4:30	Jr Yellow to Black <i>(Gloves Required)</i>	Jr White to Yellow	Jr Yellow-1 to Orange	Jr Green to Black	Jr White to Yellow <i>(Non Gear)</i>	Morning Classes ↓
4:30 to 5:15	Jr White to Yellow	Jr Yellow-1 to Orange	Jr Green to Black <i>(Weapons Required)</i>	Jr White to Yellow	Jr Yellow-1 to Orange <i>(Non Gear)</i>	9:00 to 9:45 Jr White to Orange
5:15 to 6:00	Jr Yellow-1 to Orange	Jr Green to Black	Jr White to Yellow	Jr Yellow-1 to Orange	Jr Yellow to Black <i>(Gear Required)</i>	9:45 to 10:30 <i>Boxing</i> <i>(Gloves Required)</i>
6:00 to 6:45	Pre-Teens & Teens <i>(White to Orange)</i>	Pre-Teens & Teens <i>(Green to Black)</i>	Pre-Teens & Teens <i>(White to Orange)</i>	Pre-Teens & Teens <i>(Green to Black)</i>	Pre-Teens & Teens <b>Adults</b> <i>(Gear Required)</i>	10:30 to 11:15 Jr Green to Black
6:45 to 7:30	Pre-Teens & Teens <i>(Yellow to Black)</i> <i>(Gloves Required)</i>	Pre-Teens & Teens <i>(White to Orange)</i>	Pre-Teens & Teens <i>(Green to Black)</i> <i>(Weapons Required)</i>	Pre-Teens & Teens <i>(White to Orange)</i>		11:15 to 12:00 Pre-Teens & Teens <b>Adults</b>
7:30 to 8:15	<b>Adults</b>	<b>Adults</b>	<b>Adults</b>	<b>Adults</b>		

- **Green Belt** students & above are **Required** to bring all weapons (Staff & Sai) to **Wednesday'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 **7 to 13** years old only.
- **All Students are Required** to attend at least **2 Sparring** classes per month consistently to qualify for the monthly testing, please bring gear to **Friday'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 5:00am to 2:30pm**, by Appointment only.
  - **Monday to Thursday 2:30pm to 8:30pm.**
  - **Friday 2:30pm to 7:00pm.**
  - **Saturday 9:00am to 12:00pm.**
  - Sunday Closed.
- **Testing's:**
  - September 30<sup>th</sup>.
  - October 21<sup>st</sup>.
  - November 18<sup>th</sup>.
  - December 23<sup>rd</sup>.
- **Times:**
  - **Group A: 9:30am Sharp to 11:00am - White Belt to Yellow-1 Belt.**
  - **Group B: 11:00am Sharp to 12:30pm - Orange Belt to Red Belt.**