

Class Schedule * Effective - May 1, 2025 to August 29, 2025 *

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

- **Green Belt** students & above are **Required** to bring all weapons (Staff & Sai) to **Tuesday's** class.
- **Boxing Class** is for Yellow Belt students & above, all ages **Jr's/Pre-Teens/Teens/Adults**, please bring gloves & wraps.
- **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 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 (Friday):**
 - May 30th.
 - June 27th.
 - July 25th.
 - August 22nd.
- **Times:**
 - **Group A: 4:00pm Sharp to 5:30pm - White Belt to Yellow-1 Belt.**
 - **Group B: 5:30pm Sharp to 7:00pm - Orange Belt to Red Belt.**