

# CLASS SCHEDULE

| TIMES               | MONDAY   | TUESDAY                                      | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY  |
|---------------------|--|--|--|--|---|---|
| 9:00 am - 10:00 am  |  |  |  |  |   | Women's Fitness<br>(Kicks for Chicks)                   |
| 10:00 am – 10:45 pm |  |  |  |  |   | Junior & Senior Olympians<br><b>(4 – 8 years old)</b>   |
| 10:45 am – 11:30 am |  |  |  |  |   | White, White/Yellow & Intermediate Yellow<br>(9 & over) |
| 11:45 am – 12:30 pm |  |  |  |  |   | Advance Yellow – Red<br>(9 & over)                      |
| 12:30 pm – 1:30 pm  |  |  |  |  |   | Recreation Class  |
| 1:30 pm – 2:30pm    |  |  |  |  |   | <i>Performance Class<br/>White/Yellow - Red</i>         |
| 5:30 pm – 6:15 pm   | White/Yellow & Intermediate Yellow<br>(9 & over) | Junior Olympians<br><b>(4 – 5 years old)</b> | White/Yellow & Intermediate Yellow<br>(9 & over) | Junior Olympians<br><b>(4 – 5 years old)</b>     | Junior & Senior Olympians<br><b>(4 – 8 years old)</b> |   |
| 6:15 pm – 7:00 pm   | Senior Olympians<br><b>(6 – 8 years old)</b>     | Advance Yellow – Red<br>(9 & over)           | Senior Olympians<br><b>(6 – 8 years old)</b>     | Advance Yellow – Red<br>(9 & over)               | White<br>(9 & over)                                   |   |
| 7:00 pm – 7:45 pm   | <b>Black Belt</b>                                | White<br>(9 & over)                          | <b>Black Belt</b>                                | White/Yellow & Intermediate Yellow<br>(9 & over) | Advance Yellow – Red<br>(9 & over)                    |   |
| 7:45 pm – 8:30 pm   |  | <b>Black Belt</b>                            |  | <i>Performance Class<br/>White/Yellow - Red</i>  | <b>Black Belt</b>                                     |   |
| 8:00 pm – 9:00 pm   | Adults<br>(White Belt & Up)                      |  | Adults<br>(White Belt & Up)                      |  |   |   |
| 8:30 pm – 9:30 pm   |  |  |  |  | Adults<br>(White Belt & Up)                           |   |

*Note:* Students will be given FIVE minutes grace period at the start of class and must attend the designated classes as indicated on the schedule. Students who are more than five minutes late for class will be asked to attend the next designated class for their age and belt level.

*\*\* Intermediate Yellow – recently promoted*

*\*\* Advance Yellow – closer to the next level*