



ADULT & TEEN CLASS SCHEDULE*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BASIC ADULT/TEEN (White, Yellow, & Orange)	7:00 pm		7:00 pm	7:30 pm	5:30 pm	1:00 pm
INTERMEDIATE ADULT/TEEN (Purple, Blue, Green)	7:00 pm		7:00 pm	7:30 pm	5:30 pm	1:00 pm
ADVANCED ADULT/TEEN (Brown and Above)	7:00 pm		7:00 pm	7:30 pm	5:30 pm	1:00 pm
BLACK BELT ADULT/TEEN		7:30 pm				
KRAV MAGA (15 yrs & up, All Levels)	8:00 pm		8:00 pm	8:30 pm		
SPARRING (All Ages, Karate students, Yellow Belt & above)						12:15 pm
GRAPPLING (All Ages, Karate or Krav Maga students)						10:00 am
ADULT WEAPONS (13yrs & up, Karate students)			6:30 pm			
WUSHU/XMA CLASS (All ages, Karate students)					4:30 pm	
FIGHT CLASS (Karate students Yellow belt and above or Krav Maga students Level 2 or above; ages 13 yrs & up)		8:30 pm				

* This schedule will go into effect 8/11/08