



Class Schedule

Effective November 1st 2011

BBT=Black Belt Training

IT=Infini-Team

Sparring and weapons are for BBT and IT programs only.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Ninjas	—	4:00	—	4:00	—	9:45
Kinder Kickers	—	4:30	—	4:30	—	10:15
White Belt	4:00	—	—	5:00	—	10:45 (Basic training)
Gold Belt	4:00	—	—	5:00	—	10:45 (Basic training)
Orange Belt	4:00	5:00	—	5:00	—	11:15 (BBT/IT)
Green/Stripe	4:45	5:00	4:00	—	—	11:15 (BBT/IT)
Purple/Stripe	4:45	5:45	4:00	—	—	11:15 (BBT/IT)
Blue/Stripe	5:30	5:45	4:45	—	—	12:00 (BBT/IT)
Red Belts and Brown Belts	6:15	—	6:15	—	4:15	12:00 (BBT/IT)
Kids Sparring	—	—	5:30 See calendar	—	—	12:45 See Calendar
Masters Team	—	6:30	—	5:45	7:00 CANDIDATES	9am or 12pm
Adult/ Teen (all belts)	7:00	—	7:00	6:30	—	9:00
Adult BBT	7:45 sparring	—	7:45 weapons/other	—	—	12:45 Sparring See Calendar
OTHER		Cage Fitness 7:15		Cage Fitness 7:15	5:45 Varsity (JV invite only)	2:00 JV