

Weekly Class Schedule

Which class should I attend?
Basic: White uniforms White belt levels
Leadership Training All students working towards black belt (levels 1 – 4)
Leadership 1: Blue uniforms Low Yellow – Orange Belt
Leadership 2: Red uniforms High Orange – Blue Belt
Leadership 3: Grey uniforms High Blue – Brown Belt
Leadership 4: Black uniforms High Brown – Black Belt levels

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3:00 – 3:45 pm Basic Class		3:00 – 3:45 pm Basic Class		3:00 – 3:45 pm Basic Class	10:00 – 10:45 am Basic Class
3:45 – 4:30 pm (A) Level 1 & 2	3:15 – 4:00 pm Basic Class	3:45 – 4:30 pm (b) Level 1 & 2	3:15 – 4:00 pm Basic Class	3:45 – 4:30 pm (A) Level 1 & 2	10:45 – 11:30 am (A) Level 1 & 2
4:30 – 5:00 pm (A) Leadership Training	4:00 – 4:45 pm (A) Level 1 & 2	4:30 – 5:00 pm (B) Leadership Training	4:00 – 4:45 pm (B) Level 1 & 2	4:30 – 5:00 pm (A) Leadership Training	11:30 – 12:00 pm (A) Leadership Training
5:00 – 5:45 pm (A) Level 3 & 4	4:45 – 5:15 pm (A) Leadership Training	5:00 – 5:45 pm (B) Level 3 & 4	4:45 – 5:15 pm (B) Leadership Training	5:00 – 5:45 pm Basic Class	12:00 – 12:45 pm (B) Level 1 & 2
5:45 – 6:30 pm Basic Class	5:15 – 6:00 pm (A) Level 3 & 4	5:45 – 6:30 pm Basic Class	5:15 – 6:00 pm (B) Level 3 & 4	5:45 – 6:30 pm (B) Level 1 & 2	12:45 – 1:15 pm (B) Leadership Training
6:30 – 7:15 pm (A) Level 1 & 2	6:00 – 6:45 pm Basic Class	6:30 – 7:15 pm (B) Level 1 & 2	6:00 – 6:45 pm Basic Class	6:30 – 7:00 pm (B) Leadership Training	
7:15 – 7:45 pm (A) Leadership Training	6:45 – 7:30 pm (A) Level 1 & 2	7:15 – 7:45 pm (B) Leadership Training	6:45 – 7:30 pm (B) Level 1 & 2	6:30 – 7:45 pm Black Belt Prep Cycle	
7:15 – 8:30 pm Level 3 & 4 & Adults	7:30 – 8:00 pm (A) Leadership Training	7:15 – 8:30 pm Level 3 & 4 & Adults	7:30 – 8:00 pm (B) Leadership Training		
	7:30 – 8:45 pm Level 3 & 4 & Adults		7:30 – 8:45 pm Level 3 & 4 & Adults		

