

Effective Date 1-25-2010

Time/Day	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30-9:45						TIGER CUB CLUB 9:30
9:45-10:00						10:00
10:00-10:15		TIGER CUB CLUB 10:00		TIGER CUB CLUB 10:00		KID KICKERS 10:00
10:15-10:30		10:30		10:30		
10:30-10:45		KID KICKERS 10:30		KID KICKERS 10:30		10:45
10:45-11:00						ALL BELTS 10:45
11:00-11:15		11:15		11:15		
11:15-11:30		ALL BELT 11:15		ALL BELT 11:15		
11:30-11:45						11:45
11:45-NOON		12:00		12:00		
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3:45-4:00						Birthdays or Special Events 1:30
4:00-4:15						4:30 by appointment.
4:15-4:30	KID 4:15	WHITE - 4:15	HIGH GREEN - 4:15	BLACK BELT and 4:15	KID KICKERS 4:15	Please ask for more information and costs.
4:30-4:45	KICKERS TIGER 4:30	HIGH GREEN 5:00	BLACK BELT 5:00	BROWN with BLACK TIP 5:00	TIGER CUB CLUB 4:15	
4:45-5:00	5:00	5:00	5:00	5:00	5:00	Combo Class 5:00
5:00-5:15	ALL BELT 5:00	KID 5:00	ADULT ALL BELT and 5:00	ALL BELT 5:00	WHITE - 5:00	
5:15-5:30		KICKERS 5:45	BROWN with BLACK TIP 5:45		HIGH GREEN 6:00	
5:30-5:45		5:45	5:45	6:00		
5:45-6:00		TIGER 5:45	TIGER CUB CLUB 5:45	6:00		
6:00-6:15		CUB CLUB 6:15	6:15	KID 6:00	WEAPONS and 6:00	
6:15-6:30	SPARRING 6:15	WEAPONS CLASS 6:15	KID 6:15	KICKERS 6:15	HIGH GREEN - 6:00	
6:30-6:45	COMPETITION 6:45	6:45	KICKERS 7:00	6:45	BLACK BELT 7:15	
6:45-7:00	TRAINING 7:00	ALL BELT 6:45	ALL BELT 7:00	CHANBARA 6:45	Combo Class 7:15	
7:00-7:15	ADULT ALL BELT and 7:00		ALL BELT 7:00	GOSHINDO 7:45		
7:15-7:30	BROWN with BLACK TIP 7:45		7:45			
7:30-7:45		JUDO or 7:45	BJJ GRAPPLING 7:45	JUDO or 7:45		
7:45-8:00		GRAPPLING 8:45	8:45	GRAPPLING 8:45		
8:00-8:15						
8:15-8:30						
8:30-8:45						

Notice!

Arrive 5-10 minutes before your scheduled class.
 Place shoes neatly in the racks or in the changing room.
 Place bags neatly on the changing room shelves, under chairs, or in the back of the matted room.
 Do not disturb the class that is taking place.
 Attend class on a consistent basis at least twice per week.
 We will **modify our schedule or close occasionally** for instructor trainings, holidays, testing's and special events.
Please check the online calendar for weather related closures.