










TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY
7:15 AM 8:15 AM	Adult All Belts								Adult All Belts
8:15 AM 11:00 AM	PRIVATE LESSON Make an Appointment		PRIVATE LESSON Make an Appointment		PRIVATE LESSON Make an Appointment		PRIVATE LESSON Make an Appointment		PRIVATE LESSON Make an Appointment
12:00 PM 1:00 PM	Adult All Belts		Adult All Belts		Adult All Belts		Adult All Belts		Adult All Belts
4:15 PM 4:45 PM	Tiny Tiger 3-5 Years Old		Tiny Tiger 3-5 Years Old		Tiny Tiger 3-5 Years Old		Tiny Tiger 3-5 Years Old		4:30 PM - 6:00 PM Children & Adult Recreational Sparring Class
4:45 PM 5:30 PM	Children White to Purple		Children Blue to Black		Children White to Purple		Children Blue to Black		
5:30 PM 6:15 PM	Children Blue to Black		Children's Olympic Training White to Purple		Children's Olympic Training Blue to Black		Children White to Purple		
6:15 PM 7:15 PM	1	2	1	2	1	2	1	2	6:00 PM – 6:30 PM Weapons Black Belt Program Only
	Family Class	Stretching	Family Class	Stretching	Family Class	Stretching	Family Class	Black Belts only	
7:15 PM 8:15 PM	Adult All Belts		Adult All Belts		Adult White to Purple	Olympic Training Blue to Black	Adult Blue to Black		6:30 PM – 8:00 PM Children & Adult Competition Sparring Class
8:15 PM 9:15 PM	Adult Blue to Black	Olympic Training White to Purple	Black Belts only		Adult Blue to Black		Adult White to Purple	Olympic Training Blue to Black	 For more information, please see Master.
9:15 PM 10:15 PM	Adult Open		Adult All Belts				Adults All Belts		

SATURDAY	SUNDAY
PRIVATE LESSON Make an Appointment	PRIVATE LESSON Make an Appointment
9:45 PM – 10:15 PM Tiny Tiger 3-5 Years Old	
10:15 AM – 11:00 AM Children All Belts	11:00 AM - 12:00 PM Adult All Belts
11:00 AM - 12:00 PM Adult All Belts	
12:00 PM – 1:00 PM Children & Adult All Belts (Patterns & Breaking)	12:00 PM – 1:00 PM PM Adult All Belts
1:00 PM – 2:30 PM Demo Team Only	1:00 PM – 2:00 PM Children & Adult All Belts (Patterns & Breaking)
10:00 AM – 1:00 PM BBW Sparring Competition Team (High Performance)	PRIVATE LESSON Make an Appointment
PRIVATE LESSON Make an Appointment	

ATTENTION STUDENTS AND PARENTS:

-  For safety reasons, parents/spectators are NOT allowed on the training area/matted surface when class is in session.
-  Consultation with Master Chang or any instructor requires an appointment.
-  Class schedule may be changed occasionally. Students will be given 3-4 weeks notice of any schedule changes.
-  Yellow belts and higher may attend Olympic Training/Sparring classes. Blue belts and higher require sparring gear.

-  Arm guards and shin guards are mandatory for ALL Children's Olympic Training/Sparring classes. Please do not drop off your children too early or leave them unattended following class.
-  Please notify us if you will be absent for longer than a week.
-  Please try your best to attend class as credit for missed days is not provided.
-  All tuition must be paid on time.
-  All questions regarding tuition payments and contracts can be directed to: **AMS: 1-800-683-1210. Black Belt World School Code: ZSO.**