



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:00 PM - 1:00 PM		Adult All Belts, 13 yrs +		Adult All Belts, 13 yrs +		10:00 AM – 10:30 AM TinyTiger 4 - 6 Year old	
2:30 – 4:00 PM	<b>Afterschool Student Pickup</b> Julliard P.S. – Pierre Berton P.S. – St. Veronica – St. Padre Pio – Guardian Angels P.S – Vellore Woods P.S. St. Michaels - Fossil Hill P.S. – St. Emilys – St. Mary – Discovery P.S. – Immaculate Conception					10:30 AM - 11:15 AM Children All Belts 7 – 12 yrs old	
4:10 PM - 5:00 PM	<b>After School Martial Arts Program</b> All Belts 5 - 12 yrs old					11:15 AM – 12:00 PM Children /Adult <b>BLACKBELT CLASS</b> Black Belts & Adults 7 yrs - Adult	
5:00 PM - 6:00 PM	5:15 PM – 6:00 PM TinyTiger All Belts 4 - 6 Year old	Children White – Purple 7 – 12 yrs old	5:15 PM – 6:00 PM TinyTiger All Belts 4 - 6 Year old	Children Blue – Black 7 – 12 yrs old	5:15 PM – 6:00 PM TinyTiger All Belts 4 - 6 Year old	12:00 PM – 2:00 PM <b>LEADERSHIP &amp; COMPETITION TRAINING</b> <b>BY INVITE ONLY</b>	<b>BIRTHDAY PARTY!</b>
6:00 PM - 7:00 PM	Children <b>SPARRING</b> White – Purple 7 – 12 yrs old	Children Blue – Black 7 – 12 yrs old	Children White – Purple 7 – 12 yrs old	Children White – Purple 7 – 12 yrs old	Children <b>SPARRING</b> White – Purple 7 – 12 yrs old	<b>** Classes are ** Cancelled last Saturday of each month for testing!</b>	<b>PRIVATE LESSONS!</b>
7:00 PM - 8:00 PM	Children /Adult <b>SPARRING</b> Blue – Black 7 yrs - Adult	<b>XMA ACRO &amp; PARKOUR</b> All Belts 7+ yrs old	Children Blue – Black 7 – 12 yrs old	<b>XMA ACRO &amp; PARKOUR</b> All Belts 7+ yrs old	Children /Adult <b>SPARRING</b> Blue – Black 7 yrs - Adult	3:00 PM – 8:00 PM <b>ROCK CLIMBING &amp; PARKOUR DROP IN</b>	
8:00 PM - 9:00 PM	Family/Adult All Belts 7 yrs - Adult	<b>WEAPONS</b> All Belts 7+ yrs old	Family/Adult All Belts 7 yrs - Adult	<b>WEAPONS</b> All Belts 7+ yrs old	Family/Adult All Belts 7 yrs - Adult		

**SPARRING:** Must be in Sparring or Performance Program to attend **XMA ACRO/PARKOUR & WEAPONS:** Performance Program ONLY

**NOTE:** Remember to bring your attendance card to every class. Do not misplace your card. Each replacement is \$10. Bow before entering and leaving every class. Bow to all Black Belts and Master/Instructors. No chewing of gum is allowed in class.