



Weekly Class Schedule

Effective 03/01/2009

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
Class Time	RED	BLUE	RED	BLUE	RED	BLUE	RED	BLUE	RED	BLUE	RED	BLUE
4:15		4:15 Li'l Dragon 6-8 Yrs	DAYTIME	4:15 Jaguar All Ranks 9-12 Yrs	4:15 Tiny Tigers 3-5 Yrs	4:15 Li'l Dragon 6-8 Yrs		4:15 Jaguar All Ranks 9-12 Yrs	DAYTIME			
:30	4:15 Tiny Tigers 3-5 Yrs	Extra Help	10:30 AM Tiny Tigers 3-5 Yrs			Extra Help			10:30 AM Tiny Tigers 3-5 Yrs			
45			11:00 AM Jr, Teen & Adults 5 Yrs & Up						11:00 AM Jr, Teen & Adults 5 Yrs & Up			
5:00	5:00 XMA Xtreme Gymnastics 6-8 Yrs	5:00 Tiny Tigers 3-5 Yrs		5:00 Li'l Dragon 6-8 Yrs		5:00 Tiny Tigers 3-5 Yrs	5:00 Special Students	Extra Help			9:00AM Teen & Adults All Ranks	
:15		Extra Help						Extra Help				9:30 AM (30 Min) Tiny Tigers White Belts 3-5 Yrs
:30			5:30 XMA Gym 3-5 Yrs	Extra Help	5:30 Jaguar White-Orange 9-12 Yrs	Extra Help		5:30 Li'l Dragon 6-8 Yrs	6:00 1st Friday F.I.S.T. 6:30 STORM SWAT DELTA			
:45		5:45 Li'l Dragon 6-8 Yrs	6:15 Tiny Tigers 3-5 Yrs	5:45 XMA All Ranks	Extra Help	5:45 Li'l Dragon 6-8 Yrs	6:15 Tiny Tigers 3-5 Yrs	6:00 XMA All Ranks			10:00AM Junior JuJitsu LD & Jag	10:00AM (30 Min) Tiny Tigers w/ Stripes 3-5 Yrs
6:00												Extra Help
:15	6:15 Jaguar All Ranks 9-12 Yrs	6:15 Teen & Adults 13 Yrs & Up	6:45 K.I.C.K Class (Kardio Intensive Conditioning Karate) SELF DEFENSE	6:30 Jaguar All Ranks 9-12 Yrs	6:30 Jaguar Green-Brown 9-12 Yrs	6:15 Teen & Adults Kyu Ranks 13 Yrs & Up	6:45 K.I.C.K Class (Kardio Intensive Conditioning Karate) SELF DEFENSE	6:45 Jaguar All Ranks 9-12 Yrs				10:45AM (30 Min) Li'l Dragon 6-8 Yrs
:30				7:15 Weapons 12 Yrs & Up		7:15 Weapons 12 Yrs & Up		7:30 Teen & Adults All Ranks 13 Yrs & Up	6:00 3rd Friday Testing Junior White to Orange 7:15 Testing Junior Green to Brown & All Teens and Adults			Extra Help
:45												11:30AM (45 Min) Jaguar All Ranks
7:00	7:00 XMA Xtreme Gymnastics 9 Yrs & Up	7:15 Kendo Japanese Sword 10 Yrs & Up							6:30 2nd, & 4th Fri XMA Elite Gymnastics			
:15												
:30												
8:00	8:00 Private Lessons		7:45 JuJitsu 10 Yrs & up	8:00 Teen & Adults All Ranks 13 Yrs & Up		7:45 Black Belts Only	7:45 JuJitsu 10 Yrs & up					Birthday Parties!
:15												
:30												
:45												

Class Schedule Subject to Change. Fitness Gym OPEN during ALL Classes!