



# BUHISAN'S USA MARTIAL ARTS CLASS SCHEDULE

4692 MERIDIAN AVENUE 🌀 SAN JOSE, CA 95118 🌀 408-448-1995

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 / 9:30a						LIL' SAMURAI
9:30 / 10:15a						ALL RANKS Kids
10:15 / 11:00a						BBC/MC CLASS Teens/Adults
11:30 / 12:15p		ALL RANKS Adults/Seniors		ALL RANKS Adults/Seniors		
12:15 / 1:00p		BROWN & ABOVE Adults/Seniors		BROWN & ABOVE Adults/Seniors		
4:00 / 4:45p		ADVANCED I Kids		ADVANCED I Kids		
4:30 / 5:15p	BEGINNING Kids	LIL' SAMURAI (4:45 to 5:10p)	BEGINNING Kids	LIL' SAMURAI (4:45 to 5:10p)		
5:15 / 6:00p	ADVANCED II Kids/Teens	INTERMEDIATE Kids	ADVANCED II Kids/Teens	INTERMEDIATE Kids	DEMO TEAM	
6:00 / 6:45p	INTERMEDIATE Kids	BEGINNING Kids	INTERMEDIATE Kids	BEGINNING Kids	BB TRAINING Candidates only	
6:45 / 7:30p	ADVANCED I Kids ALL RANKS Teens	ALL RANKS Adults	ADVANCED I Kids ALL RANKS Teens	ALL RANKS Adults		
7:30 / 8:15p	Kickboxing Cardio	RB & BLACK BELTS Teens/Adults	Kickboxing Cardio	RB & BLACK BELTS Teens/Adults		
8:15 / 9:00p		Kickboxing Cardio				

AGE GROUPS	CLASS LEVELS	SPECIAL CLASSES
<p><b>LIL' SAMURAI</b> 5 &amp; under</p> <p><b>KIDS</b></p> <p>11 years old</p> <p><b>TEENS</b> 12-16 years old</p> <p><b>ADULTS</b> 16 &amp; above</p> <p><b>SENIORS</b> 55 &amp; above</p>	<p><b>BEGINNING</b> White, Orange, Gold</p> <p><b>INTERMEDIATE</b> Green, Purple, Blue, Blue 1</p> <p><b>ADVANCED I</b> Brown, Brown 1, Red, Red 1</p> <p><b>ADVANCED II</b> Red/Black</p> <p><b>BLACK BELT</b> 1st Degree &amp; above</p>	<p><b>BLACK BELT CLUB (BBC)</b> for students dedicated to black belt</p> <p><b>MASTERS CLUB (MC)</b> dedicated to the martial arts lifestyle</p> <p><b>DEMO TEAM</b> our performance team, committed to excellence</p> <p><b>BB TRAINING</b> special training for black belt candidates</p> <p><b>Kickboxing Cardio</b> a blend of cardio, strength training, &amp; martial arts</p>

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