



2020 FALL SCHEDULE

Mon	Tues	Wed	Thurs	Fri
Conditioning	Conditioning	Forms	Forms	Choice
4:00 - 4:30 Beginner	4:00 - 4:30 Intermediate	4:00 - 4:30 Beginner	4:00 - 4:30 Intermediate	4:00 - 4:30 Beginner
4:45 - 5:15 Intermediate	4:45 - 5:15 Beginner	4:45 - 5:15 Intermediate	4:45 - 5:15 Beginner	4:45 - 5:15 Intermediate
Private Lessons	6:00 - 6:30 Intro	Private Lessons	6:00 - 6:30 Intro	Private Lessons
6:30 - 7:00 Advanced and Black Belts	6:30 - 7:00 Advanced and Black Belts	6:30 - 7:00 Advanced and Black Belts	6:30 - 7:00 Advanced and Black Belts	6:30 - 7:00 Advanced and Black Belts
7:00 - 7:30 Black Belt Training	7:00 - 7:30 Black Belt Training	7:00 - 7:30 Black Belt Training	7:00 - 7:30 Black Belt Training	Private Lessons

Class Descriptions

- Intro: Free class to learn basic stretches, mindfulness exercises and techniques.
- Beginner: White to Orange Belts
- Intermediate: Green to Purple Belts
- Advanced: Red Belts and up
- Black Belt Training: Selected students only

Reminders

- Arrive 5 minutes before class start times.
- Practice safety during drop off and pick up.
- Advanced students develop leadership and mentorship skills when demonstrating to younger belts. See Master Mark to volunteer.
- See an instructor for class recommendations.

Events

- Oct 12 - Columbus Day (no classes)
- Nov 7 - Black Belt Test
- Nov 25 - 27 - Thanksgiving (no classes)
- Dec 23 - Jan 1 - Winter Break (no classes)

Private Lessons

- By appointment only. Weekdays at 6pm
- \$20 / session for current students
- \$35 / session for non students

First Month Free - Join Today!