



2021 WINTER SCHEDULE

	Mon	Tues	Wed	Thurs	Fri
	Conditioning	Conditioning	Forms	Forms	Choice
Zoom Only	4:00 - 4:50 Beginner All Ages	4:00 - 4:50 Intermediate Advanced 10 and Under	4:00 - 4:50 Beginner All Ages	4:00 - 4:50 Intermediate Advanced 10 and Under	4:00 - 4:50 Beginner All Ages
Zoom & Room	5:00 - 5:50 Intermediate Advanced 10 and Under	5:00 - 5:50 Beginner All Ages	5:00 - 5:50 Intermediate Advanced 10 and Under	5:00 - 5:50 Beginner All Ages	5:00 - 5:50 Intermediate Advanced 10 and Under
Zoom & Room	Private Lessons	6:00 - 6:30 Intro	Private Lessons	6:00 - 6:30 Intro	Private Lessons
Zoom & Room 11 and Older	6:30 - 7:30 Advanced	6:30 - 7:30 Advanced	6:30 - 7:30 Advanced	6:30 - 7:30 Advanced	6:30 - 7:30 Advanced Black Belts
Zoom & Room	7:30 - 8:00 Teens and Black Belts	7:30 - 8:00 Teens and Black Belts	7:30 - 8:00 Teens and Black Belts	7:30 - 8:00 Teens and Black Belts	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
- Teens and BB - Open to Teens and BB

Events

- Jan 18 - Martin Luther King Day (Closed)
- Jan 28-29 - Belt Tests (No Classes)
- Feb 15 - Presidents' Day (No Classes)
- April 2 - Good Friday (No Classes)
- May 28-31 - Memorial Day (No Classes)

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.

Private Lessons

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

First Month Free - Join Today!