



2022 FALL SCHEDULE

Mon	Tues	Wed	Thurs	Fri
Sparring	Sparring	Forms	Forms	Choice
4:30 - 5:30 Beginner 5 - 11 yrs	4:30 - 5:30 Intermediate Advanced 5 - 11 yrs	4:30 - 5:30 Beginner 5 - 11 yrs	4:30 - 5:30 Intermediate Advanced 5 - 11 yrs	4:30 - 5:30 Beginner 5 - 11 yrs
5:30 - 6:30 Intermediate Advanced 5 - 11 yrs	5:30 - 6:30 Beginner 5 - 11 yrs	5:30 - 6:30 Intermediate Advanced 5 - 11 yrs	5:30 - 6:30 Beginner 5 - 11 yrs	5:30 - 6:30 Intermediate Advanced 5 - 11 yrs
6:30 - 7:30 All Ranks Ages 12+	6:30 - 7:00 FREE Intro 7:00 - 7:30 Leadership Club	6:30 - 7:30 Advanced All Ages	6:30 - 7:00 FREE Intro 7:00 - 7:30 Leadership Club	6:30 - 7:30 All Ranks Ages 12+
7:30 - 8:30 Fight Team	7:30 - 8:30 All Ranks Ages 12+	MIN 2 CLASSES NO MAX	7:30 - 8:30 All Ranks Ages 12+	7:30 - 8:00 Team Practice

Class Descriptions

- Intro: Free class to learn basics
- Beginner: White to Orange Belts
- Intermediate: Green to Purple Belts
- Advanced: Red Belts and up
- Team Practice / Leadership - By invitation

Events

- Sep 2-5 - Labor Day (no classes)
- Oct 10 - Columbus Day (no classes)
- Oct 24 - Diwali (no classes)
- Oct 28 - Halloween Movie Night (no classes)
- Oct 31 - Halloween (no classes)
- Nov 23-27 - Thanksgiving (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
- \$25 / 30 min session for current students
- \$40 / 30 min session for non students

First Month Free - Join Today!