



# WINTER 2026 SCHEDULE

Effective January 2, 2026

TIME	MON	TUE	WED	THU	FRI	SAT
<b>5:30-6:15</b>	Ages 7 & Under BEGINNERS-INTERMEDIATE <i>WHITE-BLUE</i>	Ages 7 & Under BEGINNERS-INTERMEDIATE <i>WHITE-BLUE</i>	Ages 7 & Under BEGINNERS-INTERMEDIATE <i>WHITE-BLUE</i>	Ages 7 & Under BEGINNERS-INTERMEDIATE <i>WHITE-BLUE</i>	Ages 7 & Under BEGINNERS-INTERMEDIATE <i>WHITE-BLUE</i>	All Levels FUNDAMENTALS & FITNESS 10:30AM-11:15AM
<b>6:15-7:00</b>	Ages 11 & Under BEGINNERS-INTERMEDIATE <i>WHITE-BLUE</i>	Ages 11 & Under BEGINNERS-INTERMEDIATE <i>WHITE-BLUE</i>	Ages 11 & Under BEGINNERS-INTERMEDIATE <i>WHITE-BLUE</i>	Ages 11 & Under BEGINNERS-INTERMEDIATE <i>WHITE-BLUE</i>	Ages 11 & Under BEGINNERS-INTERMEDIATE <i>WHITE-BLUE</i>	Ages 7 & UP POOMSABE DEVELOPMENT 11:15AM-12:15PM
<b>7:00-8:00</b>	Ages 12 & Up ALL RANKS + Ages 11 & Under ADVANCED <i>BLUE-BLACK</i>	Ages 12 & Up ALL RANKS + Ages 11 & Under ADVANCED <i>BLUE-BLACK</i>	Ages 12 & Up ALL RANKS + Ages 11 & Under ADVANCED <i>BLUE-BLACK</i>	Ages 12 & Up ALL RANKS + Ages 11 & Under ADVANCED <i>BLUE-BLACK</i>	Ages 12 & Up ALL RANKS + Ages 11 & Under ADVANCED <i>BLUE-BLACK</i>	ALL AGES SPARRING** DEVELOPMENT 12:15PM-1:30PM

**\*\*Please bring own sparring gear to Saturday Sparring class**