

Online Class Schedule



(1) Download the Zoom app on your phone or tablet, OR download Zoom on your computer or laptop <https://zoom.us/download>. (2) Review the online Class Schedule below for your recommended class time*. (3) Use code 925 556 1759 to join a class (write your student's name as the personal link name). (4) Wear your uniform & belt, have your jump rope ready, and start your video on time. (5) Be sure to MUTE yourself when participating in class.

MON	TUE	WED	THU	FRI	SAT
4:00pm - 4:45pm Lil' Hawks (4-6 yrs old) White - Green Adv.	4:00pm - 4:45pm Advanced Class Red - Black (all ages)	4:00pm - 4:45pm Lil' Hawks (4-6 yrs old) White - Green Adv.	4:00pm - 4:45pm Advanced Class Red - Black (all ages)	4:00pm - 4:45pm Beginner Class White - Green Adv. (all ages)	10:00am - 10:45am Lil' Hawks (4-6 yrs old) White - Green Adv.
5:00pm - 5:45pm Beginner Class White - Green Adv. (all ages)	5:00pm - 5:45pm Family Fitness Class (all ages, belts, & family members)	5:00pm - 5:45pm Beginner Class White - Green Adv. (all ages)	5:00pm - 5:45pm Family Fitness Class (all ages, belts, & family members)	5:00pm - 5:45pm INT & ADV Class Blue - Black (all ages)	11:00am - 11:45am Family Fitness Class (all ages, belts, & family members)
6:00pm - 6:45pm INT & ADV Class Blue - Black (all ages)	6:00pm - 6:45pm BEG & INT Class White - Purple Adv. (all ages)	6:00pm - 6:45pm INT & ADV Class Blue - Black (all ages)	6:00pm - 6:45pm BEG & INT Class White - Purple Adv. (all ages)	6:00pm - 8:00pm SKY Competition Team	12:00pm - 12:45pm Beginner Class White - Green Adv. (all ages)
7:00pm - 7:45pm Advanced Class Red - Black (all ages)	7:00pm - 7:45pm Teen & Adults 13+ (all belts)	7:00pm - 7:45pm Advanced Class Red - Black (all ages)	7:00pm - 7:45pm Teen & Adults 13+ (all belts)		1:00pm - 1:45pm INT & ADV Class Blue - Black (all ages)

Belt Rank	White	Yellow	Yellow Adv.	Green	Green Adv.	Blue	Blue Adv.	Purple	Purple Adv.	Red	Red Adv.	Danbo	Black
Recommended Classes	Beginner Family Class, All ages, White to Green Adv.					Intermediate+ Family Class, All ages, Blue to Black							
	Beginner & Intermediate Family Class, All ages, White to Purple Adv.										Advanced Family Class, All ages, Red to Black		
	Lil' Hawks, 4-6 years old ONLY, White to Green Adv.					SKY Competition Team (open to Team SKY members only)							
	Family Fitness Class (open to ALL ages, ranks, & family members)												
	Teen & Adults 13+, All ranks (open to students 13yrs or older)												

Prepare some activity space in your home by:

- (1) Clearing your surroundings of furniture & any hazards.
- (2) Ensuring safe distance between family members.
- (3) Freeing your workout space from any distractions.
- (4) Making sure your body is visible on camera (so Instructors can see you).

**Parents, siblings, & other family members are encouraged to join any of the classes!
We recommend participating in the **Family Fitness Class** on Tue & Thu at 5:00pm.*

THE FAMILY THAT KICKS TOGETHER STICKS TOGETHER!

