

Master Na Martial Arts Lacey Class Schedule 2019

Date/Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3:45-4:15	1:00-1:45pm All Belts Class	Lil' Dragons		Lil' Dragons		
4:15-5:00	Basic Class	Int./Adv. Class	Basic Class	Int./Adv. Class	Weapons Class 4:15-5pm	9:30-10:15am All Belts Class
5:00-5:45	Int./Adv. Class	Basic Class	Sparring Class Kids All Belts	Basic Class	Sparring Class Kids All Belts	
5:45-6:30	White Belts	Dan Bo & Black Belts Only	White Belts	Dan Bo & Black Belts Only	White Belt	10:30-12:30 pm WE Poomsae Team (Special Enrollment)
	Lil'Dragons 5:45-6:15		Lil'Dragons 5:45-6:15			
6:30-7:15	Teens & Adults 13+ years	Teens & Adults 13+ years	Teens & Adults 13+ years	Teens & Adults 13+ years		
7:15-8:00	Krav Maga	Krav Maga	Krav Maga	Krav Maga		

Note: All students must attend assigned class times, belt level and correct program.

~Lil' Dragons = 3 1/2 to 5 year olds, ~Basic = Adv. White Belts to Advanced Yellow Belts may attend.

~Intermediate/Advanced = Green Belt and Up may attend. ~Krav Maga Tactical Self Defense is for adults (15 and older) only.

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