



ALLEGIANCE

MARTIAL ARTS

	MONDAY A Day	TUESDAY A Day	WEDNESDAY B/C Day	THURSDAY B/C Day	FRIDAY
5:30-6:00	Dragons	White/Yellow	Dragons	Basic	BELT EXAMS
6:10-6:40	Red Belt	Orange/Green	Basic	Level Up <i>Weapons/Creative/ Extreme/Team</i>	BELT EXAMS
6:50-7:20	Black Belt	Blue / Purple	Level Up <i>Drills and Skills</i>	Level Up <i>Sparring</i>	PRIVATE LESSONS
7:30-8:00				Teens and Adults <i>All Rank-13 and up</i>	

A DAY = CURRICULUM Days

B DAY = Club Days

BASIC = 1 A DAY AND 1 Basic Day

LEVEL UP = 1 A Day, 1 B Day, and 1 C Day