



MARTIAL ARTS Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Little Ninjas						
Beginner Little Ninjas White Belt – Hi Yellow	5:15p-5:45p		5:15p-5:45p	5:30p-6:00p		10:15a-10:45a
Advanced Little Ninjas Orange Belt & Above	5:15p-5:45p		5:55p-6:25p Bring Sparring Gear	5:30p-6:00p		10:15a-10:45a
Youth & Adult Martial Arts						
White Belt & Beginner White Belt – Yellow	6:40p-7:20p		6:30p-7:15p			11:45a-12:30p
Intermediate Hi Yellow – Green		5:55p-6:40p	7:25p-8:10p			10:55a-11:40a
Advanced Hi Green – Purple		5:05p-5:50p		6:10p-6:55p	6:25p-7:10p	
Black Belt Prep Hi Purple – Hi Brown	5:50p-6:35p			7:55p-8:40p	6:25p-7:10p	
Black Belt Black Belts	5:50p-6:35p	7:35p-8:20p		7:55p-8:40p		
Specialty Classes						
Test Prep & Stripe Held the day before testing					7:15p-8:00p	
Leadership Team First Friday each month					7:15p-8:00p	
Open Mat	7:15p-8:05p	7:30p-8:30p	8:25p-9:00p	7:50p-8:45p		11:00a-12:00p
Renzo Gracie JiuJitsu	8:05p-8:50p Gi/Uniform	6:45p-7:30p No-Gi	7:30p-8:25p Gi/Uniform	7:00p-7:50p No-Gi	5:30p-6:20p Gi/No-Gi	
Youth JiuJitsu	6:30p-7:15p		6:30p-7:15p		6:30p-7:15p	
No-Gi MMA	7:20p-8:05p					10:00a-11:00a

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