

空手道



CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
Tiny Tigers Ages 4-5	2:30-3:00 Floor 2 4:00-4:30 Floor 1	2:30-3:00 White-Orange Belt Floor 1 Green-Black Belt Floor 2	2:30-3:00 Floor 2 4:00-4:30 Floor 1	2:30-3:00 White-Orange Belt Floor 1 Green-Black Belt Floor 2	2:30-3:00 Floor 2
Little Dragons Ages 6-7	3:10-3:50 Floor 2 4:40-5:20 Floor 1	3:10-3:50 Floor 1 4:00-4:40 Floor 1	3:10-3:50 Floor 2 4:40-5:20 Floor 1	3:10-3:50 Floor 1 4:00-4:40 Floor 1	3:10-3:50 Floor 2
Juniors Ages 8-12	3:00-3:50 Floor 1 4:00-4:50 Floor 2	3:10-4:00 Floor 2 4:10-5:00 Floor 2	3:00-3:50 Floor 1 4:00-4:50 Floor 2	3:10-4:00 Floor 2 4:10-5:00 Floor 2	4:00-5:00 Floor 2
Advanced Juniors Ages 8-12 Green Belt & Up	5:00-6:00 Floor 2	5:00-6:00 Floor 2	5:00-6:00 Floor 2	5:00-6:00 Floor 2
Teens Ages 11-14 All Ranks	Beginners: 5:30-6:40 Advanced: 5:30-7:00 Floor 1	Beginners: 5:30-6:40 Advanced: 5:30-7:00 Floor 1
Adult Ages 13+ All Ranks	Beginners: 6:10-7:10 Advanced 6:10-7:40 Floor 2	Beginners: 5:10-6:10 Advanced 5:10-6:40 Floor 2	Beginners: 6:10-7:10 Advanced 6:10-7:40 Floor 2	Beginners: 5:10-6:10 Advanced 5:10-6:40 Floor 2
Weapons Ages 8+ Green Belt & Up	Juniors: 5:10-6:00 Floor 2 Teen/Adults: 6:10-7:00 Floor 2
Black Belt Class	6:45-8:00 Floor 2	7:10-8:30 Floor 2
Instructors Academy Green Belt + Pre-Approval Required	Ages 13+ 6:45-8:00 Floor 2	Ages 8-12 6:00-7:00 Floor 2

- Arrive 10 minutes early to your scheduled class for warm up.
- Wear a **clean, complete, and approved school uniform**.
- Notify staff if you will be away for more than three days.
- Come to class with a level ten energy and enthusiasm!
- No regular classes on Promotion Nights or events—See calendar
- Attend classes designated to your age and rank only.
- Need to make up a class? Use our online scheduler at bennatismartialarts.com/make-up-classes

Spring 2022 Schedule: Begins Monday, March 15th