

BENNATI'S MARTIAL ARTS SCHEDULE 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
Tiny Tigers Ages 4-5	4:00-4:30 <i>Floor 1</i>	2:30-3:00 <i>Floor 1</i>	4:00-4:30 <i>Floor 1</i>	2:30-3:00 <i>Floor 1</i>	2:30-3:00 <i>Floor 1</i>
Little Dragons Ages 6-7	4:40-5:20 <i>Floor 1</i>	3:10-3:50 <i>Floor 1</i>	4:40-5:20 <i>Floor 1</i>	3:10-3:50 <i>Floor 1</i>	3:10-3:50 <i>Floor 1</i>
Beginning Juniors Ages 8-12 White-Orange Belts	5:30-6:20 <i>Floor 2</i>	4:00-4:50 <i>Floor 2</i>	5:30-6:20 <i>Floor 2</i>	4:00-4:50 <i>Floor 2</i>	4:00-4:50 <i>Floor 2</i>
Intermediate/ Advanced Juniors Green Belt & Up	5:30-6:30 <i>Floor 1</i>	5:00-6:00 <i>Floor 2</i> Brown Belts 5:00-6:00 <i>Floor 1</i>	5:30-6:30 <i>Floor 1</i>	5:00-6:00 <i>Floor 2</i> Brown Belts 5:00-6:00 <i>Floor 1</i>	Weapons Class Green & Purple Belts: 5:00-6:00 Brown Belts Only: 6:00-7:00 <i>Floor 1</i>
Teens/Adults Ages 13+ All Ranks	6:30-7:30 Int/Adv: 6:30-8:00 <i>Floor 2</i>	6:10-7:10 Int/Adv: 6:10-7:40 <i>Floor 2</i>	6:30-7:30 Int/Adv: 6:30-8:00 <i>Floor 2</i>	6:10-7:10 Int/Adv: 6:10-7:40 <i>Floor 2</i>	Weapons Class 6:00-7:00 <i>Floor 2</i>
Black Belt Class		6:10-8:30 <i>Floor 2</i>		6:10-8:30 <i>Floor 2</i>	

DOJO RULES & ETIQUETTE

To maintain a respectful and safe dojo environment, please observe the following:

Class Policies

- Arrive 10 minutes early wearing a clean, complete uniform.
- Ensure clean hands and feet before entering class. Foot wipes are available in the bathrooms for your convenience.
- Attend only your assigned classes and schedule make-ups online.
- Check in before class and notify staff if you will be absent for more than three days.
- No regular classes are held on Promotion Ceremony days (second Wednesday of each month).
- Bring level 10 energy and a positive attitude to every class.

Dojo Etiquette

- Maintain good personal hygiene. We train in close proximity, and cleanliness is essential for safety and courtesy.
- Fingernails and toenails must be kept short, trimmed, and neat to prevent injury to yourself and your training partners.
- Hair must be secured and kept out of the face using a hair tie, headband, or clip to avoid distractions during training.
- Store all personal belongings neatly under the red bleachers, including gear bags, shoes, water bottles, and other items. Loose items create safety hazards and distract from training.
- Non-participating children must be supervised by a parent or guardian at all times and behave appropriately. The dojo is not a playground or daycare.
- No running, loud talking, or standing on benches.
- Children may not leave the dojo without a parent or guardian and should not wait outside unsupervised.
- Help keep the dojo clean: dispose of trash properly and return borrowed equipment neatly.
- Arrive no earlier than 20 minutes before class and arrange pickup within 10 minutes after class ends.



BENNATI'S MARTIAL ARTS

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