

# BENNATI'S MARTIAL ARTS SCHEDULE 2026

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

# DOJO RULES & ETIQUETTE

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

## **Class Policies**

- Arrive 10 minutes early and wear a clean, complete uniform.
- Ensure clean feet before entering class. We provide foot wipes in our bathrooms for your convenience.
- **Attend only your assigned classes and schedule make-ups online.**
- Check in before class and notify staff if you'll be absent for more than three days.
- No regular classes on Promotion Ceremony days (second Wednesday of each month).
- Bring level 10 energy to class!

## **Dojo Etiquette**

- Store all personal belongings neatly under the red bleachers. This includes gear bags, shoes, water bottles, and any other personal items. Items left scattered around the dojo create safety hazards and detract from our training environment.
- Non-participating children must be supervised by a parent/guardian and behave appropriately. The dojo is not a playground or daycare.
- No running, loud talking, or standing on benches.
- Children must not leave the dojo without a parent/guardian and should not wait outside unsupervised.
- Keep the dojo clean: dispose of trash and return borrowed items neatly.
- Arrive no earlier than 20 minutes before class and be picked up within 10 minutes after.



**BENNATI'S MARTIAL ARTS**

11768 Atwood Rd, Suite 1

Auburn, CA 95603

(530) 820 3232

**BENNATI'S.com**