

# Bennati's Martial Arts 2025 Schedule



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

# ***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.**
- 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

- 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

**Bennatis.com**