

## CLASS SCHEDULE

\*\*\*EFFECTIVE JANUARY 1st, 2026\*\*\*

\*Schedule subject to change\*

5760 BERKSHIRE VALLEY RD  
OAK RIDGE, NJ 07438  
TEL. (973) 545-2787  
EMAIL: KPTKD25@GMAIL.COM

SPARRING EQUIPMENT IS **REQUIRED** FOR **COMPETITION TEAM CLASS**  
AND FOR STUDENTS **AGES 7 & UP WITH ORANGE BELT & UP DURING SPARRING WEEK**



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					AGES 3-6 ALL BELTS 10:00 - 10:30 AM	PRIVATE LESSONS
AGES 3-6 ALL BELTS 5:00 - 5:30 PM	AGES 3-6 ALL BELTS 5:00 - 5:30 PM	AGES 3-6 ALL BELTS 5:00 - 5:30 PM	AGES 3-6 ALL BELTS 5:00 - 5:30 PM	AGES 3-6 ALL BELTS 5:00 - 5:30 PM	AGES 7-12 ALL BELTS 10:30 - 11:10 AM	
AGES 7-12 WHITE TO GREEN 5:30 - 6:10 PM	AGES 7-12 ALL BELTS 5:30 - 6:10 PM	AGES 7-12 WHITE TO GREEN 5:30 - 6:10 PM	AGES 7-12 ORANGE & UP BEGINNER SPARRING 5:30 - 6:10 PM	AGES 7-12 ALL BELTS 5:30 - 6:10 PM	TEENS & ADULTS ALL BELTS 11:10 AM - 12:00 PM	
AGES 7-12 BLUE & UP 6:10 - 6:50 PM	AGES 8 & UP COMPETITION TEAM 6:10 - 7:10 PM	AGES 7-12 BLUE & UP 6:10 - 6:50 PM	AGES 8 & UP COMPETITION TEAM 6:10 - 7:10	BLACK BELT CLUB DEMO TEAM 6:10 - 7:10 PM	BIRTHDAY PARTY	
TEENS & ADULTS ALL BELTS 6:50 - 7:40 PM		TEENS & ADULTS ALL BELTS 6:50 - 7:40 PM	TEENS & ADULTS ALL BELTS 7:10 - 8:00 PM	AGES 8 & UP COMPETITION TEAM 7:10 - 8:10		

AGES 3 - 6

