

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00 - 12:45 <u>Studio A</u> All Belts	12:00 - 12:45 <u>Studio A</u> All Belts	12:00 - 12:45 <u>Studio A</u> All Belts	12:00 - 12:45 <u>Studio A - All Belts</u> <u>Studio B</u> Black Belt Club		9:30 - 11:00 Demo Team (see scheduled dates)
	12:45 - 1:15 Sparring - gear req'd		12:45 - 1:30 Grandmaster's Club		Special Events TBA in mthly newsletter
1:00 - 4:00 <u>Studio A</u> Open Mat Studio B & C Private Classes	1:30 - 4:00 <u>Studio A</u> Open Mat Studio B & C Private Classes	1:00 - 4:00 <u>Studio A</u> Open Mat Studio B & C Private Classes	1:30 - 4:00 <u>Studio A</u> Open Mat Studio B & C Private Classes	1:00 - 4:00 <u>Studio A</u> Open Mat Studio B & C Private Classes	Note: Children classes are recommended for ages 5-11. Students ages 11 and older should attend the 5:45 or 6:40 class times for the best experience. The 5:45 class time (aka Family Class) is for all ages 5+ and designed so siblings or family members of different ages may train together. Students may attend alone and do not have to attend with a family member.
4:00 - 4:40 <u>Studio A</u> Children White - Green	4:00 - 4:40 <u>Studio A</u> Children Purple - Black	4:00 - 4:40 <u>Studio A</u> Children White - Green	4:00 - 4:40 <u>Studio A</u> Children Purple - Black	4:00 - 4:40 <u>Studio A</u> Children Grandmaster's Club	
	4:00-4:30 TaeGrr Cubs Ages 4- 6 Studio B		4:00-4:30 TaeGrr Cubs Ages 4- 6 Studio B		
4:50 - 5:30 <u>Studio A</u> Children Purple - Black	4:50 - 5:30 <u>Studio A</u> Children White - Green	4:50 - 5:30 <u>Studio A</u> Children Purple - Black	4:50 - 5:30 <u>Studio A</u> Children White - Green	4:50 - 5:30 <u>Studio A</u> Black Belt Club	
5:45 - 6:30* <u>Studio A</u> White - Green <u>Studio B</u> Purple - Black	5:45 - 6:30* <u>Studio A</u> White - Green <u>Studio B</u> Purple - Black	5:45 - 6:30* <u>Studio A</u> White - Green <u>Studio B</u> Purple - Black	5:45 - 6:30* <u>Studio A</u> White - Black <u>Studio B</u> Black Belt Club	5:45 - 6:30* <u>Studio A</u> Yellow - Black (not held on Belt Exam nights)	
6:40 - 7:30 <u>Studio A</u> Grandmaster's Club	6:40 - 7:30 Teens & Adults All Belts		6:40 - 7:30 Teens & Adults All Belts	6:40 - 7:30 Leadership Team	revised: Aug 2026

Make-up Classes: We encourage students to make up missed classes within a month due to holidays, vacations, etc.

Holidays: We close on New Years Eve, New Year's Day, Memorial Day, 2-3 days for Independence Day, Labor Day, two days for Thanksgiving, and for Christmas, we close for a week.

* aka Family Class - children can take alone, or with family members, including parents.

Progress Checks

Stripe tests are held the 1st week each month. See monthly newsletter for exact dates.

Promotion Exams

January 23

February 20

March 20

April 17

May 22

June 19

July 24

August 21

September 18

October 16

November 20

December 18

Black Belt Exams

Spring Exam #1

March 21 @ 9:30

Spring Exam #2

April 25 @ 11:00

Fall Exam #1

September 19 @ 9:00

Fall Exam #2

October 24 @ 11:00