









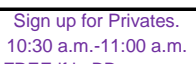












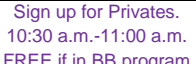




printed 10-23-19	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Tiny Tigers		5:45 - 6:15	6:30-7:00	6:00-6:30		NO SATURDAYS in JUNE, JULY, AUG
 Dragons		6:30-7:00	5:45 - 6:15	4:45 - 5:15		
 White & Yellow (BEGINNERS)	5:00-5:45	5:45-6:30	6:30-7:15	7:15-8:00 (W through Green)	5:00-5:45	 UNDER Red 9 a.m.
 Oranges	6:30-7:15	7:15-8:00	5:00-5:45	5:15-6:00 or 7:15-8:00 (White through Gren)	5:00-5:45	 UNDER Red 9a.m.
 Greens	7:15-8:00	5:00-5:45 and 8 p.m. (open class)	5:45-6:30	7:15-8:00 (White through Green)	5:45-6:30	 UNDER Red 9 a.m.
 Reds	5:45-6:30	6:30-7:15	7:15-8:00	6:00-6:45 Reds + 7:15 for Red 3/4 only	5:45-6:30	 ADULTS and Reds ONLY 9:45 a.m.
Open (ALL ranks)	June, July, August ONLY at 9 a.m.	June, July, August ONLY at 9 a.m.	June, July, August ONLY at 9 a.m.	June, July, August ONLY at 9 a.m.	every other week is FIGHT NIGHT!! 5 & 5:45 classes	 Sign up for Privates. 10:30 a.m.-11:00 a.m. FREE if in BB program
Adult, Open, and Specialty Classes		Open class 8 pm		Testing for higher ranks of BB @ 7:15 p.m.		 ADULTS and Reds ONLY 9:45 a.m.
 Cardio	8:00 p.m.	8:00 p.m.	8:00 p.m.	8 p.m.		
Weapons & Black Belts	BB 8:00 p.m.		E Dan and up only at 8 p.m.	Weapons 6:45-7:15; Black Belts 8 p.m.	E Dan and up only at 6:30 p.m. Demo team 6:30	Call 248-478-1088 if questions

printed 9-29-19	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Tiny Tigers		5:45 - 6:15	6:30-7:00	6:00-6:30		NO SATURDAYS in JUNE, JULY, AUG
 Dragons		6:30-7:00	5:45 - 6:15	4:45 - 5:15		
 White & Yellow (BEGINNERS)	5:00-5:45	5:45-6:30	6:30-7:15	7:15-8:00 (W through Green)	5:00-5:45	 UNDER Red 9 a.m.
 Oranges	6:30-7:15	7:15-8:00	5:00-5:45	5:15-6:00 or 7:15-8:00 (White through Gren)	5:00-5:45	 UNDER Red 9a.m.
 Greens	7:15-8:00	5:00-5:45 and 8 p.m. (open class)	5:45-6:30	7:15-8:00 (White through Green)	5:45-6:30	 UNDER Red 9 a.m.
 Reds	5:45-6:30	6:30-7:15	7:15-8:00	6:00-6:45 + 7:15 for Red 3/4 only	5:45-6:30	 ADULTS and Reds ONLY 9:45 a.m.
Open (ALL ranks)	June, July, August ONLY at 9 a.m.	June, July, August ONLY at 9 a.m.	June, July, August ONLY at 9 a.m.	June, July, August ONLY at 9 a.m.	every other week is FIGHT NIGHT!! 5 & 5:45 classes	 Sign up for Privates. 10:30 a.m.-11:00 a.m. FREE if in BB program
Adults Only		Open class 8 pm		Testing for higher ranks of BB @ 7:15 p.m.		 ADULTS and Reds ONLY 9:45 a.m.
 Cardio	8:00 p.m.	8:00 p.m.	8:00 p.m.	8 p.m.		
Weapons & Black Belts	BB 8:00 p.m.		E Dan and up only at 8 p.m.	Weapons 6:45-7:15; Black Belts 8 p.m.	E Dan and up only at 6:30 p.m. Demo team 6:30	Call 248-478-1088 if questions