





















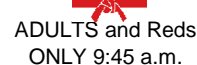



08/23/2018	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Tiny Tigers	6:30-7:00	5:45 - 6:15	6:30-7:00			AFTER LABOR DAY:
 Dragons		6:30-7:00	5:45 - 6:15	4:45 - 5:15 (W & Y belts up to age 8 may attend also)		
 White & Yellow (BEGINNERS)	5:00-5:45	5:45-6:30	6:30-7:15	4:45 if < 8 yrs or 7:15 for all White 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 and 7:15 p.m. for all White through Green	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	5:45-6:30	 ADULTS and Reds ONLY 9:45 a.m.
Open (ALL ranks)		9 a.m. AND 8:00 p.m.		9 a.m. AND 7:15 p.m. (all under Red)		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		BB testing prep class 7:15 (different floor than W-G). Open to Red 3/4 and all Cho to E, E to Sam, etc		 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				Masters class varies...check with GMP; Weapons 6:45-7:15; Black Belts 8 p.m.	E Dan and up only at 6:30 p.m. Demo team 6:30. Weapons 8 p.m.	

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 Reds	5:45-6:30	6:30-7:15	7:15-8:00	6:00-6:45	5:45-6:30	 ADULTS and Reds ONLY 9:45 a.m.
Open (ALL ranks)		9 a.m. AND 8:00 p.m.		9 a.m. AND 7:15 p.m. (all under Red)		Sign up for Privates. 10:30 a.m.-11:00 a.m. FREE if in BB program
Adults Only		Open class 8 pm		BB testing prep class 7:15 (different floor than W-G). Open to Red 3/4 and all Cho to E, E to Sam, etc		 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				Masters class varies...check with GMP; Weapons 6:45-7:15; Black Belts 8 p.m.	E Dan and up only at 6:30 p.m. Demo team 6:30. Weapons 8 p.m.	