










printed 10-13-22	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
Dragons 4 to 6 yrs old 		 6:00 - 6:30	 6:30 - 7:00	 5:00 - 5:30	(no Saturday classes)	Sunday no class except Kickboxing
 White, Yellow, Orange	6:30-7:15	7:15-8:00	5:45-6:30	5:45-6:30	ADULTS ONLY 6 pm. All ranks.PRIVATES by sign up 6 p.m.	Sunday no class except Kickboxing
O/STRIPE and ALL Greens 	7:15-8:00	5:45-6:30	6:30-7:15	6:30-7:15	ADULTS ONLY 6 pm. All ranks.PRIVATES by sign up 6 p.m.	Sunday no class except Kickboxing
ALL Reds 	5:45-6:30	6:30-7:15	7:15-8:00	7:15 including BB Test Prep (R3+R4) in other room	ADULTS ONLY 6 pm. All ranks.PRIVATES by sign up 6 p.m.	Sunday no class
Cardio Kickboxing 	8:00 p.m.	8:00 p.m.	8:00 p.m.			8:30 AM (morning), subject to cancellation
Weapons & Demo Team					Weapons 6:30, Demo Team 7 p.m.	Sunday no class except Kickboxing
BLACK BELTS 	BB 8:00 p.m.			BB 8:00 p.m.	(no Saturday classes)	Sunday no class except Kickboxing