



## BEGINNER STUDENT SCHEDULE

|                                      | MONDAY        | TUESDAY     | WEDNESDAY                    | THURSDAY    | FRIDAY        | SATURDAY      | SUNDAY        |
|--------------------------------------|---------------|-------------|------------------------------|-------------|---------------|---------------|---------------|
| 7 and Under<br>White Belts           |               | 4:30-5:00pm |                              | 4:30-5:00pm |               | 9:00-9:30am   | 9:00-9:30am   |
| 8 and Under<br>Yellow Belts          |               | 5:00-5:30pm |                              | 5:00-5:30pm |               | 9:30-10:00am  | 9:30-10:00am  |
| 8-13 yrs<br>White Belts              | 5:50-6:30pm   |             | 5:50-6:30pm                  |             |               | 11:20-12:00pm | 11:20-12:00pm |
| 8-13 yrs<br>Yellow Belts             | 5:10-5:50pm   |             | 6:30-7:10pm                  |             |               | 11:20-12:00pm | 11:20-12:00pm |
| Teens & Adults<br>White/Yellow Belts | 10:00-11:00am | 7:30-8:15pm |                              | 7:30-8:15pm | 10:00-11:00am |               | 12:00-12:45pm |
| Combat<br>Conditioning               |               |             | 10:00-11:00am<br>7:50-8:45pm |             |               | 1:00-2:00pm   | 1:30-2:30pm   |

### Notes:

When you are a member of our school, you can train as many times per week as you'd like and even change it from week to week.