



## BEGINNER STUDENT SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7 and Under White Belts		4:30-5:00pm		4:30-5:00pm		9:00-9:30am	9:00-9:30am
8 and Under Yellow Belts		5:00-5:30pm		5:00-5:30pm		9:30-10:00am	9:30-10:00am
8-13 yrs White Belts	5:50-6:30pm		5:50-6:30pm			10:40-11:20am	10:40-11:20am
8-13 yrs Yellow Belts	5:10-5:50pm		6:30-7:10pm			10:40-11:20am	10:40-11:20am
Teens & Adults White/Yellow Belts	10:00-11:00am	7:30-8:15pm		7:30-8:15pm	10:00-11:00am		11:20-12:10pm
Combat Conditioning			10:00-11:00am 7:50-8:45pm			1:00-2:00pm	1:00-2:00pm

### 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.