

Class placement is based on age, belt rank, and instructor recommendation. Belt ranges may overlap during transitions.

MON	TUES	WED	THURS	FRIDAY
4:30 - 6:00 YOUTH INTERMEDIATE Ages 7 - 10 Yellow Belt – Green Belt w/ Blue Stripe 	4:30 - 5:10 TIGERS Ages 4-6	4:30 - 6:00 YOUTH ADVANCED Ages 9 - 14 Blue Stripe - Red Belt 	4:30 - 5:10 TIGERS Ages 4-6	SPECIAL EVENT BLOCK
	5:10 - 6:00 NOVICE Ages 7 - 11 White - Yellow Belt 		5:10 - 6:00 NOVICE Ages 7 - 11 White - Yellow Belt 	
6:00 - 7:30 BLACK BELT ACADEMY Ages 9 - 14 Red Belt - Black Belt 	6:00 - 7:15 COMP TEAM SPARRING <i>Invitation Only</i>	6:00 - 7:00 TEEN BEGINNERS Ages 11 - 14 White - Green 	6:00 - 7:30 HIGH SCHOOL & ADULT Ages 15 & Up All Ranks	
			6:00 - 7:15 COMP TEAM POOMSAE <i>Invitation Only</i>	
	7:30 - 8:30 28 KICKS Move Better. Kick Better. Live Better. Ages 15 & Up <i>No experience necessary</i>			