



ALL-STAR MARTIAL ARTS

Class Schedule (Effective 1/5/2012)



	Monday (A)	Tuesday (A)	Wednesday (B)	Thursday (B)	Friday (C)	Saturday (C)
Cage Fitness	6:15a-6:45a 12:15p-12:45p 7:30p-8:00p	12:15p-12:45p 7:30p-8:00p	6:15a-6:45a 12:15p-12:45p 7:30p-8:00p	12:15p-12:45p 7:30p-8:00p	6:15a-6:45a 12:15p-12:45p	
HomeSchool BBC	12:15p-1:00p 1:00p-1:15p		12:15p-1:00p 1:00p-1:15p		12:15p-1:00p 1:00p-1:15p	
Ninja	12:00p-12:30p 4:30p- 5:00p 5:15p-5:45p	4:30p-5:00p 5:15p-5:45p	12:00p-12:30p 4:30p-5:00p 5:15p-5:45p	4:30p-5:00p 5:15p-5:45p	12:00p-12:30p 5:15p-5:55p	8:30a-9:00a
Dragon Novice White/Orange/Yellow	12:30p-1:15p 4:30p- 5:15p	5:45p-6:30p	12:30p-1:15p 4:30p- 5:15p	5:45p-6:30p	12:30p-1:15p 5:15p-5:55p	9:15a-10:00a
Dragon Advanced Green – Brown	12:30p-1:15p 5:45p-6:30p	5:00p-5:45p	12:30p-1:15p 5:45p-6:30p	5:00p-5:45p	12:30p-1:15p 5:15p-5:55p	9:15a-10:00a
Jr. White Belt (Beginner)	5:45p-6:30p	6:30p-7:15p	5:00p-5:45p	6:30p-7:15p	6:00p-6:45p	9:15a-10:00a
Jr. Adv White Belt	5:45p-6:30p	6:30p-7:15p	5:45p-6:30p	5:45p-6:30p 6:30p-7:15p (no Sparring)	6:00p-6:45p	9:15a-10:00a
Jr. Yellow & Adv Yellow	5:00p-5:45p	6:30p-7:15p	5:45p-6:30p	5:45p-6:30p	6:00p-6:45p	9:15a-10:00a
Jr. Green & Blue	6:30p-7:15p	5:45p-6:30p	5:45p-6:30p 7:00p-7:45p	5:45p-6:30p	6:00p-6:45p	9:15a-10:00a
Jr. Red & Up	6:30p-7:15p	5:45p-6:30p	7:00p-7:45p	5:45p-6:30p	6:00p-6:45p	9:15a-10:00a
Samurai– Jr. Novice	5:55p-6:40p	4:30p-5:00p	5:55p-6:40p	4:30p-5:00p	6:00p-6:45p	9:15a-10:00a
Samurai– Advanced	6:40p-7:25p		6:40p-7:25p		6:00p-6:45p	9:15a-10:00a
Samurai– Sr. Novice		7:15p-8:00p		7:15p-8:00p	6:00p-6:45p	9:15a-10:00a
Teen/Adult	7:30p-8:30p	7:30p-8:30p	7:30p-8:30p	7:30p-8:30p	6:00p-6:45p	9:15a-10:00a
Black Belt Club	7:15p-7:30p	7:15p-7:30p	6:30p-7:00p 7:15p-7:30p	5:15p-5:45p 7:15p-7:30p	7:15p-7:40p	
Sparring					6:45p-7:15p	10:00a-10:30a
BJJ	5:00p-5:55p	6:30p-7:25p	5:00p-5:55p	6:30p-7:25p	6:45p-7:40p	8:15a-9:10a
Krav Maga		7:30p-8:45p		7:30p-8:45p		
Blended M.A.						10:00a-12:00p
Demo Team		5:00p-5:45p				
Competition Class	7:15p-8:00p			6:30p-7:15p		
STORM Class					5:15p-6:00p	
Novice Black Belts			6:30p-7:00p			