



Please be on time... arrive 10 minutes before the Start of your class in uniform!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning and Early Afternoon Classes						
Lil' Dragons & Youth Basic						10:15-10:45 AM
Youth Premier Black Belt Club	Private Lessons	By Appointment	Private Lessons	By Appointment		11:00-11:45 AM
Adult Fitness KickBoxing						9:00-9:45 AM
Adult Jujitsu Training Daytime	Private Lessons	By Appointment	Private Lessons	By Appointment		12:00-12:45PM
Late Afternoon and Evening Classes						
Lil' Dragons (ages 4-7)	5:45-6:15 PM	4:45-5:15 PM	5:45-6:15 PM	4:45-5:15 PM		
Youth Martial Arts (ages 8+)		6:30-7:15 PM		6:30-7:15 PM		
Youth Martial Arts (ages 8+)	6:30-7:15 PM	5:30-6:15 PM	6:30-7:15 PM	5:30-6:15 PM		
Youth Premier Black Belt Club					5:30-6:15 PM	
Adult Jujitsu Training Evening	7:30-8:30 PM	7:30-8:30 PM	7:30-8:30 PM	7:30-8:30 PM		
Premier XMA Leadership					6:15-7:00 PM	
Black Belt Instructor Training					<i>By Schedule</i>	
Adult Fitness KickBoxing			Option 7:30 PM	Option 7:30 PM		
Basic = White-Yellow-Orange Belts Intermediate = Purple-Blue-Green Belts Advanced = Brown-Red-Black Belts						Version 10.5