

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:00 - 4:45	4:00 - 4:45	4:00 - 4:45	4:00 - 4:45	4:00 - 4:45	8:00 - 10:00
<b>Kinder Kix</b> Ages 4&5	<b>Kinder Kix</b> Ages 4&5	<b>Kinder Kix</b> Ages 4&5	<b>Kinder Kix</b> Ages 4&5	<b>Kinder Kix</b> Ages 4&5	<b>Demo Team</b>
4:45 - 5:30	4:45 - 5:30	4:45 - 5:30	4:45 - 5:30	5:00 - 5:45	10:00 - 10:45 am
<b>Intermediate</b> Ages 6-9 Green & Blue Stripe  <b>Advanced</b> Blue & Up	<b>Beginners</b> Ages 6 - 9 White & Yellow	<b>Intermediate</b> Ages 6-9 Green & Blue Stripe  <b>Advanced</b> Blue & Up	<b>Beginners</b> Ages 6 - 9 White & Yellow	<b>Intro to Sparring &amp; Team Tryout</b>	<b>Orientations</b>  <b>Beginners</b> Ages 6 - 9 White & Yellow  <b>Leadership Class</b>
5:30 - 6:15	5:30 - 6:15	5:30 - 6:15	5:30 - 6:15	5:45 - 6:45	10:45 - 11:30 am
<b>Beginners</b> Ages 6 + White & Yellow	<b>Intermediate</b> Ages 6 - 9 Green & Blue Stripe	<b>Beginners</b> Ages 6 + White & Yellow	<b>Intermediate</b> Ages 6 - 9 Green & Blue Stripe	<b>Team 1 Sparring</b> Ages: 6 - 11	<b>Rec. Open Class</b> All Belts
6:15 - 7:15	6:15 - 7:00	6:15 - 7:00	6:15 - 7:00	6:45 - 7:45	11:30 - 12:45 pm
<b>Sparring Team</b> Ages: 6 - 11 Ages: Technique	<b>Beginners</b> Ages 6 + White & Yellow  <b>Advanced</b> Blue & Up	<b>Poomsae Class</b> Yellow - Blue Poomsae	<b>Beginners</b> Ages 6 + White & Yellow  <b>Advanced</b> Blue & Up	<b>Team 2 Sparring</b> Ages: 12 +	<b>Team Conditioning</b> Ages: 6 - 11
7:15 - 8:30	7:00 - 8:00	7:30 - 8:30	7:00 - 8:00	7:00 - 8:00	1:00 - 2:30 pm
<b>Sparring Team</b> Ages: 12 + Ages: Technique	<b>Adult Class</b> Ages: 15 +	<b>Poomsae Class</b> Red - Black Poomsae  <b>Poomsae Team</b>	<b>Adult Class</b> Ages: 15 +	<b>Poomsae Team</b>	<b>Team Conditioning</b> Ages: 12 +