

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:30-5:00 BBM (Red Gi) Orange- Blue Adv.	11:30-12:15 Adult All Belts	4:30-5:00 BBM (Red Gi) Orange-Blue Adv.	11:30-12:15 Adult All Belts	4:30-5:00 Kids White- Yellow Adv.	9:30-10:15 All Ages BLACK BELTS
5:10-5:50 Pre & MAS Kids	4:30-5:10 Jr Pre & MAS Purple-Brown Adv.	5:10-5:50 Pre & MAS Kids	4:30-5:00 Kids White- Yellow Adv.	5:15-5:55 Brown - Black Belts	10:30-10:55 Kids Novice + BBM (White-Yellow Adv.)
6:00-6:30 Kids White- Yellow Adv.	5:20-6:00 Black Belt SHODANS	6:00-6:30 Kids White- Yellow Adv.	5:10-5:40 BBM (Red Gi) Orange-Blue Adv.	6:00-6:30 Strength & Conditioning Kids	11:00-11:30 Kids BBM Orange - Blue Adv (Red Gi)
6:40-7:10 Jr. Orange - Brown Adv.	6:10-6:40 Jr. BBM Orange-Blue Adv.	6:40-7:10 Jr. Orange - Brown Adv.	5:50-6:30 Pre & MAS Kids	7:00-7:45 Adult & Teens All Belts	11:45-12:15 Kids Pre & MAS Purple +
7:20-8:10 Adult & Teens ALL BELTS	6:10-6:50 Jr Pre & MAS Purple-Brown Adv.	7:20-8:10 Adult & Teens ALL BELTS	6:40-7:10 Partner Class*		12:20-1:10 Adult & Teens ALL BELTS
	7:00-7:45 All Ages NIDAN +		7:15-8:00 All Ages BLACK BELTS		
			8:10-9:00 Teens & Adults ALL BELTS		

* Must have a sibling or parent attend class with you. We will be working on Self-Defence or Sparring drills.