



## LOCKDOWN WEEKLY SCHEDULE

 All classes will be accessible online.

Outdoor classes weather permitting @ Cathedral bluffs park  
On rainy days, online classes only. Update everyday at 3PM on our facebook page regarding outdoor gathering.

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Adult & Youth 13 years old +	All belts		12:00 - 1:00 (Noon)		12:00 - 1:00 (Noon)		
Children 3 to 7 years old	White to Adv Yellow	4:30 - 5:00	4:30 - 5:00	4:30 - 5:00	4:30 - 5:00	4:30 - 5:00	9:30 - 10:00
ALL AGES (8+)	White to Adv Yellow	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	10:30 - 11:30  ALL BELT CONDITIONNING CLASS - SHORTS AND T- SHIRTS RECOMMENDED
	Orange to Adv. Blue	6:15 - 7:00	6:15 - 7:00	6:15 - 7:00	6:15 - 7:00	6:15 - 7:00	
	Purple and up	7:15 - 8:00	7:15 - 8:00	7:15 - 8:00	7:15 - 8:00	7:15 - 8:00	
	Shodan and up	7:15 - 8:30	7:15 - 8:30	7:15 - 8:30	7:15 - 8:30	7:15 - 8:30	

Online access using zoom

### STUDENT CREED

I promise to become the best possible person I can be,  
with honesty in my heart, confidence in my mind and strength in my body.  
I will achieve excellence and share it with others.

### WHAT IS YOUR GOAL?

Black Belt excellence

### WHAT IS YOUR QUEST?

Personal best

