



Leadership skills through the martial arts

Schedule of Classes

BEGINS MAY 8, 2009

PROGRAM	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
LITTLE NINJAS All Belt Levels 4-5 year olds	4:30 – 5:00		6:15 – 6:45			9:30 – 10:00
BASIC/BBT White-Green Belts 6-12 year olds	5:00 – 5:30	5:30 – 6:00	5:45 – 6:15		5:00 – 5:30	10:00 – 10:30
INTERMEDIATE Purple-BlueStr Belts Ages 6-12	5:30 – 6:00	6:30 – 7:00	7:15 – 7:45	4:30 – 5:00		11:00 – 11:30
ADVANCED Red-BrownStr Belts Ages 6-12	6:00 – 6:30	5:00 – 5:30		5:30 – 6:00	6:00 – 6:30	11:30 – 12:00
TEENS & ADULTS BASIC White-Green Belts	7:55 – 8:35		7:45 – 8:25	7:15 – 7:55		12:45 – 1:25
TEENS & ADULTS INT/ADV Purple-BrnStr	7:55 – 8:55		7:45 – 8:45	7:15 – 8:15		12:45 – 1:45
MASTERS TEAM Black Belts All Ages	6:30 – 7:15		5:00 – 5:45			12:00 – 12:45
KANDO Black Belt Team All Ages		6:00 – 6:30	6:45 – 7:15	5:00 – 5:30	5:30 – 6:00	10:30 – 11:00
KOBUDO All levels	1 st & 3 rd 7:15 – 7:55			6:00 – 7:15		1:45 – 3:15 OR 3:15 – 4:30
SPARRING Youth	2 nd & 4 th 9-12 year olds only 7:15 – 7:55	2 nd & 4 th 6-8 year olds only 7:00 – 7:40				
SPARRING Teens & Adults Replaces regular class as follows	Week 1 7:55 – 8:55		Week 2 7:45 – 8:45	Week 3 7:15 – 8:15		Week 4 12:45 – 1:45
CANDIDATES		7:00 – 8:30				1:45 – 3:15 OR 3:00 – 4:30

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414-258-4111

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