



Schedule

Effective 09/10/2024

| Tuesday | Wednesday | Thursday | Friday | Saturday |
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| Kids Intermediate (6 – 13) 4:30 – 5:15 | Advanced (6-12) 4:30 – 5:15 | Kids Beginner (6-13) 4:30 – 5:15 | Kids Advanced (6-13) 4:30 – 5:15 | Kids Beginner (6-13) 9:15 – 10:00 |
| Kids Sparring – Beg & Int (6-13) 5:15 – 5:45 | Advanced & Teen Sparring 5:15 – 5:45 | Kids Intermediate (6-13) 5:30 – 6:15 | Demo Team 5:30 – 6:15 | Kids Intermediate (6-13) 10:15 – 11:00 |
| Kids Beginner (6-13) 5:45 – 6:30 | Weapons (Open to Purple Belt and up) 5:45 – 6:30 | Tai Chi 6:30 – 7:30 | Adult Open 6:15 – 7:15 | Kids Advanced 11:15 – 12:00 |
| Adult Open (13+) 6:45 – 7:30 | Adult Open 6:30 – 7:15 | Adult Open (13+) 7:30 – 8:30 | Private Training 7:15 – 7:45 | Teen & Adult Sparring (13+) 12:00 – 12:30 |
| Adult Brown & Black Belt 7:30 – 8:15 | Adult Brown & Black Belt 7:15 – 8:00 | | Adult & Teen testing by appointment | Adult Open (13+) 12:30 – 1:15 |
| | | | | 1 st Saturday: STORM meeting 1:45 |