



Instructors are unavailable for private consultation during class. If you wish to speak to an instructor, please make an appointment. Attend class two times per week. If you miss a class please make it up. It is essential to read the Monthly Calendar to keep informed of schedule changes, and special events.

Class Schedule

Effective Tuesday September 4th 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3.45 Family Beginner	4.00 Junior Intermediate & Advanced	3.30 Family Beginner	4.00 Junior Intermediate & Advanced	4.30 Little Champions Basic
4.30 Little Champions Basic	5.00 Little Dragons	4.15 Little Champions Black Belt Club	5.00 Little Champions Basic	5.00 Little Champions Black Belt Club
5.00 Jr. Black Belt	5.30 Little Champions Basic	5.00 Little Champions Basic	5.30 Little Dragons	5.30 Junior Review
6.00 Jr. Intermediate & Advanced	6.00 Little Champions Black Belt Club	5.30 Jr. Intermediate & Advanced	6.00 Little Champions Black Belt Club	6.00 All Sparring
7.00 Cycle Review	6.45 Family Beginner	6.30 Cycle Review	6.45 Family Beginner	6.30 Teen & Adult
7.30 Adult Black Belt	7.30 Teen / Adult – All	7.15 Jr. & Adult Black Belt	7.30 Teen / Adult – All	7.00 BJJ
8.30 Yeung Chuan		8.15 Yeung Chuan		8.00 SWAT

